



For Sports Medicine & Orthopaedics

Because Life Happens In Motion

Achilles Tendon Repair Protocol

Pt. Name: _____

DOS: _____

Phase One:

Day 1-Week 2 _____

- Splinted 2 weeks or til wound heals OR Boot locked out at 30 degrees plantar flexion
- Non-weight bearing with crutches, walker or knee walker
- Carefully monitor wound for signs of swelling, redness and drainage
- Begin basic toe exercises: wiggle toes, toe curls, toe spreads
- No formal physical therapy until week 3

Phase Two:

Week 3-4 _____

- Begin formal PT 3-6 weeks post-op as prescribed by doctor
- NWB to PWB in boot as prescribed by doctor
- Begin gentle PROM plantarflexion, inversion, eversion and dorsiflexion. **Gentle** heel cord stretching to neutral only, **with respect to end feel.**
- AROM all directions
- Initiate hip, knee and core exercises while wearing boot i.e. straight leg raises, knee flexion & extension, hip abduction & adduction
- Scar mobilization when wound is healed

Phase Three:

Week 4-6 _____

- PWB in boot advancing to FWB by 8 weeks as prescribed by doctor.
- Isometrics DF, PF, INV, EV
- Stationary bike, no resistance at 6 weeks
- May begin water workouts if incision fully healed at 6 weeks

Phase Four:

Week 7-12 _____

- Progress out of boot by 8 weeks as prescribed by Dr.
- Progress to full PROM and AROM
- Stationary bike with resistance as appropriate
- Gentle stretch on heel cord
- Begin light resistance strengthening all directions using resistive bands.
- Initiate closed chain LE strengthening
- Gait sequence activities
 - Encourage proper gait sequence while advancing toward full WB status
- Single leg stance at 10-12 weeks
- Balance training out of boot: DLS with eyes closed, DLS on airex, balance board

Phase Five:

Week 13 -16: vigorous _____

- Swimming
- Stairmaster or stepper
- Neuromuscular Training i.e. bilateral heel raises, lateral step-ups, standing BAPS
- Heel walking, toe walking
- Elliptical

Week 16+: work/sport training _____

- Dynamic drills i.e. jogging or marching on trampoline, step drills, box step exercises
- Progress toward work/sport activities as directed by doctor

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