

Rehabilitation Protocol: Achilles Tendon Repair

Name: _____**Date:** _____**Diagnosis:** _____**Date of Surgery :** _____**PHASE I (Weeks 0-2):**

- Posterior slab/splint
- Non-weight bearing with crutches

**PHASE II (Weeks 2-6):****Weeks 2-4:**

- Short leg cast
- Protected weight-bearing with crutches

Weeks 4-6:

- Aircast walking boot with 2 cm heel lift (wear while sleeping, can remove for bathing/dressing)
- Weight-bearing as tolerated
- Can start PT exercises:
 - Initiate active plantar flexion and dorsiflexion to neutral
 - Initiate active inversion/eversion below neutral
 - Hip/knee exercises with no ankle involvement
 - Non-weight bearing fitness exercises
 - Hydrotherapy – within motion and weight-bearing limitation

**PHASE III (Weeks 6-12):****Weeks 6-8:**

- Remove heel lift
- Continue weight-bearing as tolerated
- Exercises:
 - Dorsiflexion stretching
 - Graduated resistance exercises (open and closed kinetic chain)
 - Proprioceptive and gait training

- Fitness exercises to include WBAT – bicycling, elliptical machine
- Hydrotherapy

Weeks 8-12:

- Wean off boot
- Continue to progress ROM, strength, proprioception

**PHASE IV (12 Weeks – Beyond):**

- Continue to progress ROM, strength, proprioception
- Increase dynamic weight-bearing exercise – plyometric training
- Sport-specific training
- Work to restore strength, power, endurance

Comments:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____