

ACHILLES TENDON REPAIR PROTOCOL

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Weeks 0-4 1 x/ week HEP daily	Manage pain Control swelling Protect surgical site Progress WB Gastroc activation Maintain hip/core strength	NWB week 0-2 then PWB (50%) week 2-4 *Week 2 - splint is removed and replaced with boot + 3 heel lifts (approx 20° PF) No DF beyond neutral (0°) *Dr. Below Specifics: NWB weeks 0-6 Cast Splint removed at 3 week MD visit. Pt begins wearing boot.	Week 0-2 Crutch training with NWB Plantarflexion isometrics in boot AROM DF <0° to PF endrange Hamstring stretching Quad sets Abdominal bracing Week 2-4 *Dr. Below: Do not start ankle ROM until after 4 weeks Gait training for PWB AROM DF to 0° PF isometrics at endrange Seated gentle ankle stretch with towel (knee flexed) Stationary bike with boot Hip ABD and clamshells Prone hip extension and hamstring curls Bridges
Weeks 4-8 2 x/ week HEP daily	Normalize gait mechanics Increase PF strength Avoid over-elongation of Achilles tendon Improve scar mobility	Progress to full WB (Dr. Below: at 6 weeks, not 4) No DF beyond neutral (0°) Week 4 boot + 2 heel lifts Week 5 boot + 1 heel lift Week 6 boot only Week 7 transition to supportive shoe with heel lift *Dr. Below: Wear boot through 10 weeks	Week 4-6 Progressive gait training for full WB Seated ankle stretch to 0° with towel (knee flexed) Ankle isometrics - PF, DF, eversion, inversion Seated bilateral heel raise Passive great toe ext/flex stretching Upper body ergometer Seated arch lifts Initiate scar massage when incision has healed Week 6-8 Seated stretch to 0° DF (knee extended) Bilateral leg press heel raise Bilateral leg press squat 4-way ankle theraband Step ups and lunges (maintain ankle ROM limits) Lateral band walks Hip flexor stretching Foot/ankle mobilizations
Weeks 8-12 2 x/ week HEP daily	Improve ankle DF ROM without excessive elongation stress	Full WB No DF beyond neutral (0°) Week 10 remove heel lift *Dr. Below: Remove boot at 10 weeks	Week 8-10 Squats (maintain ankle ROM limits) Foot/ankle mobilizations Single leg balance on firm surface Bilateral stance wobble board Bilateral heel raise Week 10-12 Bilateral stance perturbations on BOSU, airex Resisted hamstring curls Single leg heel raise - UE support

			Progress single leg heel raise Progress eccentric heel lowering
Weeks 12-24 1 x/ week HEP daily	Increase ankle DF ROM and calf flexibility	Dr. Below: Don't begin this phase until week 16 and delay the following phase to week 20 to allow for proper ramp up/progression	Week 12-16 Calf stretching and ankle DF beyond neutral Agility ladder drills Jogging Elliptical Multi-direction lunges Single leg balance activities on foam Theraband assisted jumping Progress to jumping Week 16-24 Progress to running Multi-direction jumping/hopping Progress strengthening - weight training Reactive balance training
Weeks 24+			Begin sport specific training and practice

Concomitant Procedures

*If using hinged orthosis:

- Weeks 0-4: ankle immobilized in split/orthosis at 30° PF
- Weeks 4-6: PF angle reduced 10° each week until 0° DF
- Weeks 6-8: Transition to supportive shoe with heel lift

Physician-Specific

Typical Schedule of follow-up visits with physician after surgery:

Dr. Below: 1, 3, 6, 12, 18 weeks

TED hose:

Dr. Below: 3 weeks

Dressings:

Dr. Below: change in MD office at 1 week post op visit