

Rehabilitation Protocol: Achilles Tendon Repair

Phase 1 (Weeks 0-2)

- **Weightbearing:** Non-weightbearing using crutches
- **Brace:** Patient in plantarflexion splint
- **No formal PT**

Phase 2 (Weeks 2-6)

- **Weightbearing:** As tolerated in CAM walker boot with heel wedges in place. Discontinue crutch use.
 - First wedge removed at 4 weeks, second wedge removed at 6 weeks
- **Brace:** CAM Walker Boot at all times except showering and when working with PT
- **Range of Motion:** PROM/AROM/AAROM of the ankle from full plantarflexion to neutral (NO DORSIFLEXION PAST NEUTRAL), Inversion/Eversion, Toe Flexion/Extension
- **Therapeutic Exercises**
 - Seated heel raises
 - Isometric dorsiflexion to neutral
 - Resistance bands for plantarflexion/inversion/eversion
 - Proprioception exercises – single leg stance with front support to avoid excessive dorsiflexion
 - Soft tissue mobilization/scar massage/desensitization/edema control

Phase 3 (Weeks 6-12)

- **Weightbearing:** Full weightbearing in a sneaker
- **Brace:** Discontinue boot at 6 weeks out from surgery
- **Range of Motion:** PROM/AROM/AAROM of the ankle – progressive dorsiflexion in 10° intervals (10° of dorsiflexion by post-op week 8, 20° by week 10, 30° by week 12)
- **Therapeutic Exercises**
 - Okay to begin blood flow restriction therapy
 - Standing heel raises
 - Single leg eccentric lowering
 - Step-ups, side steps
 - Proprioception exercises – balance board

Phase 4 (Months 3-6)

- Progress with strengthening, proprioception, and gait training exercises
- Begin light jogging at 12-14 weeks
- Running/cutting at 16 weeks
- **Return to sports at 5-6 months**