Achilles Tendon Repair

Date of Surgery: _____

Weeks 0-3:
- Strict NWB in plantar-flexion splint with crutches
- No toe-touch weight bearing
- Toe curls, toe spreads
- Knee ROM (active and passive)
- Straight leg raises

Weeks 3-8:
- Remove splint and transition into plantar-flexion boot
- Transition to partial weight bearing with crutches in plantar-flexion boot
- Avoid full weight bearing in boot until 6 weeks post surgery
- Plantar flexion boot at 40 degrees (4 heel pads) starting week 3 and reducing by 10 degrees (remove one heel pad) each week until neutral dorsiflexion/plantarflexion at 7 weeks
- Light ankle dorsiflexion within confines of ROM restrictions
- Isometrics of uninvolved muscles, proprioception exercises, intrinsic muscle strengthening
- Stationary cycling at 6 weeks with heel push only (not toe) in boot

Weeks 8-12:
- Discontinue boot and gradually wean into regular supportive shoe initially with heel lift
- Begin and gradually increase active/resistive exercises of the Achilles (i.e. submaximal isometrics, cautious isotonics, Theraband)
- Manual full passive range of motion of the Achilles — nothing forceful
- Progress to cycling in shoe, swimming

Months 3-6:
- Wean heel lifts if not done prior; cycling, rowing machine, etc.
- Closed chain exercises: controlled squats, lunges, bilateral calf raise (progress to unilateral), toe raises, controlled slow eccentrics vs. body weight

Months 6+:
- Month 6: Jogging/running, jumping, and eccentric loading, sports-simulated exercises
- Month 8-9: Return to full sport if rehab goals met