

Achilles Tendon Repair Protocol

Post-op Days 1 – 10

L & U Splint – Watch for skin breakdown

Crutches – non weight bearing (NWB)

Active motion (AROM) hip and knee

Wiggle toes

Straight leg raise (SLR) x 4

Lower extremity (LE) stretches – Hamstring, quads, ITB, hip flexors

Ice and Elevation

Goals

Pain management

Protection

Days 10 – 21

D/C Splint and remove sutures (Ortho)

Cam walker with ½ inch heel lift

Crutches – Partial weight bearing (PWB)

Continue appropriate previous exercises

Isometrics x 3 **No Plantar flexion (PF)**

Gentle **active DF, INV, EV**

Passive PF to tolerance – sit with leg in dependent position

SLR x 4 with weight mid calf

Short arc quad (SAQ)

Upper body exercises (seated or bench only – no pushups)

Ice as needed

Goal – Minimize quad atrophy

Weeks 3 – 4

Cam walker with ¼ inch heel lift

Crutches – weight bearing as tolerated (WBAT)

Continue appropriate previous exercises

Scar massage/mobilization with oil/cream

Weight shifts

Goal – No adhesions

Weeks 4 – 6

Cam walker with no lift

Crutches – Full weight bearing (FWB), D/C when gait is WNL

Continue appropriate previous exercises

Isometrics x 4

Towel crunches and side-to-side

Steamboats (Theraband x 4 while standing on involved LE) in cam walker

Mini-squats, Wall squats, Total gym in cam walker

Stationary bike in cam walker with the heel on the pedal

Goal – Neutral DF (0 degrees)

Weeks 6 – 8

Taper out of cam walker at home, but wear outside of home
Continue appropriate previous exercises
Ankle AROM including plantar flexion – Calf pumping, alphabet, rotations
Light Theraband x 3 – **NO plantar flexion**
Seated BAPS
Stationary bike in cam walker with toes on the pedal
Pool therapy – Aqua-jogger in deep water

Goals

10 degrees DF
Normal gait

Weeks 8 – 12

Transition from cam walker to ankle brace
Continue appropriate previous exercises
Theraband ex x 4 – Gradually increase resistance
Elgin
Double leg heel raises
Leg press, knee ext, Hamstring curl, hip weight machines
Forward, retro and lateral step downs
Proprioception ex – Double leg BAPS
– Progress to single leg BAPS, ball toss, body blade
Pushup progression
Pool therapy – Chest (waist) deep
Treadmill – Walking progression program
Elliptical trainer

Goals

Symmetrical DF
Walk 2 miles at 15 min/mile pace

Months 3 – 4

D/C brace
Continue appropriate previous exercises
Single leg heel raises
Functional activities – Fitter, slide board, figure 8's, gentle loops, large zigzags
Treadmill – Running progression program
Stairmaster

Goals

No calf atrophy
Run 2 miles at easy pace

Months 4 – 6

Continue appropriate previous exercises
Running progression program – Progress to track and hard surfaces
Agility drills / Plyometrics
Transition to home / gym program

Goals

Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op