

Acute Achilles Tendon Repair - Dr. John

Achilles Tendon Repair Wedges: Weaned/removed per physical therapist discretion

Phase II (3 weeks - 6 weeks post-op)

- WB: NWB in CAM boot
- ROM: gentle PF/DF
- Modalities: prn per physical therapist's discretion
- Wound Care:
 - Monitor plantar incision and initiate scar management techniques PRN
- Strengthening: OK hip, knee and core exercises

Phase III (6 weeks – 12 weeks post-op)

- WB: pt will be WBAT in CAM boot
 - Gradually transition into a shoe per therapist discretion
- ROM: AROM only
 - AROM is to patient's tolerance
 - Cautious with DF
- Strengthening:
 - Focus on normalizing gait mechanics
- Modalities: prn and per physical therapist's discretion
- Joint mobility: prn and per physical therapist's discretion
- Initiate balance/proprioceptive activities
 - Progress to SL per physical therapist's discretion
- **8-10 weeks:**
 - Strengthening: Begin light TB strengthening
- **10+ weeks:**
 - AROM normalized

Phase IV (12+ weeks post-op)

- WBAT: can begin barefoot walking
- ROM: continues as in phase III
- Strengthening: continue as in phase III
 - SL calf raise: at 12+ weeks



- Balance/Proprioceptive Activities:
 - Progress as tolerated by the patient
- **At 12-14 weeks:** Sport-specific activities: per physician restrictions and by patient tolerance

Adapted From:

1. Reider B, Terry MA, Provencher MT. Operative Techniques: Sports Medicine Surgery. 1st ed. Philadelphia: Saunders; 2010.
2. Brozman SB, Wilk KE. Clinical Orthopedic Rehabilitation. 2nd Ed. Philadelphia: Mosby, 2003.
3. Ankle and Foot Arthroscopy Rehabilitation Protocol. Dr. Anand Vora, Orthopedic Foot and Ankle Specialist, 2021.

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