



College Park Family Care Center, P.A.

Orthopedic Surgery

ACHILLES TENDON REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0-8 weeks	0-4 weeks: heel-toe touchdown weight bearing in post-op splint 4-8 weeks: as tolerated with crutches and camwalker	0-2 weeks: worn at all times 2-4 weeks: locked in 20° of plantarflexion worn at all times except for exercise and hygiene* 4-8 weeks: worn during weight bearing activities	0-2 weeks: NO physical therapy or motion 2-6 weeks: limit active dorsiflexion to 90° with knee flexed at 90° 6-8 weeks: ROM to tolerate	0-2 weeks: NO physical therapy or motion 2-8 weeks: inversion/eversion ROM, stationary bike with brace on, knee/hip strengthening, joint mobilizations, NO passive heel cord stretching
PHASE II 8-12 weeks	As tolerated with crutches – discontinue crutch use when gait is normalized	None	Gain full and pain-free	Begin light resistive dorsi/plantarflexion exercises with knee flexed, inversion/eversion isometrics, continue with bicycle and knee/hip strengthening
PHASE III 12 weeks – 5 months	Full with a normalized gait pattern	None	Full and pain-free	Progress phase II activities, begin inversion/eversion isotonic, aggressive dorsi/plantarflexion resistive exercises with emphasis on plantar eccentrics

* More tenuous repairs may be required to be immobilized for up to 4 weeks post-operative