

Centers for Advanced Orthopedics

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ACHILLES TENDON REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 - 8 weeks	0-2 weeks: Non-Weightbearing 2-4 weeks: Partial Weightbearing 4-8 weeks: as tolerated with crutches and cam-walker	0-2 weeks: worn at all times 2-4 weeks: locked in 20° of plantar-flexion - 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 tolerance	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