

# NewportCare Medical Group

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## ACHILLES TENDON REPAIR REHABILITATION PROTOCOL

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

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