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REHABILITATION PROTOCOL: ACHILLES REPAIR

I. Immediate Post-Op

- A. Cast / Splint
- B. ICE & Elevation
- C. Non-Weight bearing

II. Days 3-4 to 3 weeks

- A. Cast / Splint changed to Boot at first post op appointment
- B. Continue Non-Weight bearing
- C. Active ROM exercises for Hip / Knee
- D. Progressive Active ROM – Do not pass 0° dorsiflexion
- E. Eversion and inversion isometrics

III. Weeks 3-6

- A. Boot with Heel Wedges (remove one wedge at 5 wks post op)
- B. Partial Weight bearing
- C. Gentle scar mobilization
- D. Exercises without boot
 - a. Submaximal Eversion / Dorsiflexion
 - b. Inversion T-band strengthening
 - c. Plantarflexion isometrics
- E. Exercises with boot
 - a. Weight shifts with upper extremity support
 - b. Multidirectional straight leg raises
 - c. Leg extension with light resistance
 - d. Double leg mini-squats 25-50% body weight to 0 DF
 - e. Bike – no resistance

IV. Weeks 6-8

- A. Boot with wedge
- B. Progressive WBAT
- C. Scar mobilization
- D. Exercises without boot
 - a. Seated towel stretches to 0 DF
 - b. Seated multidirectional T-band strengthening
 - c. Plantarflexion isometrics
 - d. Seated heel raise
 - e. 25% double leg heel raises to 0 DF
 - f. Bike – no resistance
- E. Exercises with boot
 - a. Weight shifts with upper extremity support
 - b. Multidirectional straight leg raises



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- c. Leg extensions
- d. Double leg mini-squats 25-50% body weight to 0 DF
- e. Begin single leg mini-squats 25-50% body weight to 0 DF

V. Weeks 8-10

- A. Boot with wedge
- B. Progressive WBAT
- C. Scar mobilization
- D. Exercises without boot
 - 1. Seated towel stretches to 0 DF
 - 2. Seated multidirectional T-band strengthening
 - 3. Plantarflexion isometrics
 - 4. Seated heel raise
 - 5. 50% double leg heel raises to 0 DF
- E. Exercises with boot
 - 1. Weight shifts with upper extremity support
 - 2. Multidirectional straight leg raises
 - 3. Leg extensions
 - 4. Double leg mini-squats 50-75% body weight to 0 DF
 - 5. Single leg mini-squats 50% body weight to 0 DF

VI. Weeks 10-12

- A. Discontinue Boot – heel lift in shoe
- B. Scar mobilization
- C. Progress all NWB strengthening
- D. Bike with some resistance
- E. Bilateral heel raises 50-75% body weight
- F. Single leg balance

VII. Months 3-5

- A. Progress strength / stability / balance program
- B. Criteria to begin
 - 1. Audible symmetry with foot strike
 - 2. Normalized functional ROM
 - 3. Hop 10 x on involved leg with good mechanics

VIII. Months 6-9

- A. Agility and jump training
- B. Progress to full sport specific activities