Achilles Tendon Repair Protocol

3 days-2 weeks
- Non-weight bearing
- Gentle AROM and PROM to neutral. NO extension
- Therapeutic exercise
  - Toe curls
  - Toe spreads
  - SLR/ hip strengthening
  - Knee flexion and extensions
- Modalities
  - ESTIM
  - Soft tissue mobilization
  - Cryotherapy

2-4 weeks
- Advance to toe touch weight bearing in boot
- Gentle AROM and PROM from 30 deg plantar flexion to neutral
- Therapeutic exercise
  - Isometrics of uninvolved muscles
  - Light active dorsiflexion of ankle until gentle stretch of Achilles
  - Proprioception exercises
- Modalities
  - Soft tissue mobilization
  - ESTIM
  - Cryotherapy

4-6 weeks
- PWB in boot, FWB by 6 weeks
- Gentle AROM and PROM from 30 deg plantar flexion to 10 degrees dorsiflexion
- Therapeutic exercise and modalities as above

6-8 weeks
- Progress out of boot
- Gentle AROM and PROM- progress to gentle Achilles stretch
- Therapeutic Exercise
  - Isometric of all muscles
  - Continue proprioception exercises
  - Intrinsic muscle strengthening
- Modalities
  - D/C ice
  - Continue soft tissue mobilization
  - Scar massage
Achilles Tendon Repair Protocols

8 weeks
  • DC of boot
  • Therapeutic exercise
    o Isometrics
    o Bike with no resistance
    o Seated heel to toe raises
    o Standing single leg balance (no dynamic challenge)

10 weeks
  • Add treadmill
  • Bike with resistance

12 weeks
  • Begin aggressive strengthening