



Orthopaedic Protocols

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
 - Isometrics
 - Bike with no resistance
 - Seated heel to toe raises
 - Standing single leg balance (no dynamic challenge)

10 weeks

- Add treadmill
- Bike with resistance

12 weeks

- Begin aggressive strengthening