



Physical Therapy Protocol – Achilles Tendon Repair

	Weight Bearing	ROM	Orthosis	Therapy*
Phase I 0-2 weeks	<ul style="list-style-type: none"> 0-2 weeks- NWB 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Cast in place Boot at first postoperative visit 	<ul style="list-style-type: none"> Home exercises only: quad sets, straight leg raises, prone hamstring curls, hip abduction
Phase II 2-6 weeks	<ul style="list-style-type: none"> Progressive weightbearing in boot to full WBAT without crutches by 4 weeks Boot with removable heel wedges (4 levels) 	<ul style="list-style-type: none"> Active plantarflexion and dorsiflexion to neutral, inversion and eversion to tolerance Do not dorsiflex beyond neutral 	<ul style="list-style-type: none"> Wear boot at all times (including sleep) Remove 1 wedge per week until all wedges removed (begin after 2 weeks) 	<ul style="list-style-type: none"> Continue quad sets, straight leg raises, prone hamstring curls, hip abduction Modalities to decrease ankle swelling Scar mobilization when incision healed
Phase III 6 – 12 weeks	<ul style="list-style-type: none"> WBAT 	<ul style="list-style-type: none"> Begin gentle passive dorsiflexion stretching Progressive AROM and PROM to full motion as tolerated 	<ul style="list-style-type: none"> D/C boot at 8 weeks after surgery 	<ul style="list-style-type: none"> Start stationary cycle and aquatic exercises Proprioception and gait training Start open and closed chain exercises Avoid eccentric lowering exercises off a step Avoid extreme dorsiflexion with active plantar flexion
Phase IV 12 – 24 weeks	<ul style="list-style-type: none"> WBAT 	<ul style="list-style-type: none"> Full active and passive ankle dorsiflexion and plantarflexion 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Start jogging, progress as tolerated to run Start elliptical Begin plyometric training Begin eccentric lowering exercises Start sport specific training
Phase V <6 months	<ul style="list-style-type: none"> WBAT 	<ul style="list-style-type: none"> Full active and passive range of motion 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Continue sports specific strengthening and agility training Possible Return to Sport when: <ul style="list-style-type: none"> Single heel raise >90% of opposite side Cleared by surgeon Usually 12-18 months

*Modalities per therapist including electrical stimulation, ultrasound, heat (before), ice (after).