

Sheena Black, MD

Orthopedic Surgeon

Sports Medicine Specialist



www.sheenablackmd.com

ACHILLES TENDON REPAIR

	<u>Weight Bearing</u>	<u>Immobilizer</u>	<u>ROM</u>	<u>Exercises</u>
Phase I Day 0 - 14	NWB with crutches	Splint at all times		Strict elevation
Phase II Weeks 2-6 HEP daily	50% WB with crutches	CAM walker boot with heel lift	DF to neutral	Active dorsiflexion ROM to neutral position Passive plantarflexion Ankle ROM
Phase III Weeks 6-12 HEP daily	WBAT	CAM walker boot <i>wean off of heel lift</i>	Full	Continue previous therex
Phase IV Weeks 12-16 <i>Return to many normal activities of daily living</i> <i>Criteria to progress: proper gait, ROM equal, no pain, plantarflexion strength 4/5 (able to perform 10 partial to full toes raises)</i>	WBAT	Transition out of boot into regular tennis shoe	Full	ROM/ stretching Achilles Ensure good gait patter: heel-toe gait, good heel strike & push-off, stance time equal left to right SLB activities Ankle Theraband Functional strengthening exercises Leg press – bilateral, toe press (bilateral progress to unilateral) Progress to WB bilateral toe raises Proprioception activities Hip/ Knee PRE Soft tissue/ joint mobilization Stairmaster/ bike for cardio Ice as needed
Phase V Weeks 16 - 20 <i>Criteria to progress: ROM equal Perform 20 unilateral toe raises (full range, pain-free) Perform bilateral jumping in place 30 sec each F/B, L/R with good technique</i>	WBAT	Regular tennis shoes	Full	Continue previous exercises Progress to WB unilateral heel raises Stairmaster Begin jumping progression: leg press, mini-trampoline, ground Functional rehab Begin light plyos
Phase VI 5-6 Months	WBAT	Regular shoes	Full	Progress previous exercises Progress jumping to hopping Begin jogging/running when hopping is performed with good technique Sport specific drills for appropriate patients

IF QUESTIONS: PLEASE CALL 469-800-7200

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