



## Achilles Tendon Repair

	<u>Weight Bearing</u>	<u>Immobilizer</u>	<u>ROM</u>	<u>Exercises</u>
<b>Phase I</b> Day 0 - 14	NWB with crutches	Splint at all times		Strict elevation
<b>Phase II</b> 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
<b>Phase III</b> Weeks 6-12  HEP daily	WBAT	CAM walker boot <i>wean off of heel lift</i>	Full	Continue previous therex
<b>Phase IV</b> Weeks 12-16  <i>Return to many normal activities of daily living</i>  <u>Criteria to progress:</u> <i>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 patten: 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
<b>Phase V</b> Weeks 16 - 20  <u>Criteria to progress:</u> <i>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



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<b>Phase VI</b> <b>5-6 Months</b>	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
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**Criteria to discharge non-athletes:**

Good gait pattern  
 ADL's without difficulty  
 Gastroc/soleus 4+ to 5/5 strength

**Criteria to discharge athletes:**

Good gait pattern  
 Performs the following tests within 80% of uninjured leg:
 

- Hop for distance
- Single leg balance reach
- Isokinetic strength test

 Maintenance program should stress continued strength and endurance work at least 2-3 times per week

**IF QUESTIONS: PLEASE CALL 469-800-7200**