



**BAY AREA ORTHOPEDIC**  
SURGERY & SPORTS MEDICINE

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**ACHILLES TENDON REPAIR**

Rehabilitation Protocol

General Considerations:

- Time frames mentioned in this protocol should be considered approximate with actual progression based on clinical presentation and physician direction.
- Patient usually NWB for 3-4 weeks
- PT usually begins 4 weeks post-op
- Monitor the incision scar and tendon scar for mobility, implement regular soft tissue mobilization to avoid fibrosis
- No running, jumping or ballistic movements for 6 months

**Phase I (4-6 weeks):**

- Gait training with patient in bivalve cast or walking boot progress from NWB to PWB and finally to FWB
- Soft tissue mobilization for scar tissue and modalities as indicated

Exercises:

AROM

Theraband exercises

Calf stretch (seated, pain free)

Seated calf raises

Straight leg raises

Seated BAPS

Well leg stationary bike

Aquatic exercise including deep well exercises

Progress to Phase II when:

Physician indicates

Ambulating FWB without assistive device

Plantarflexion, inversion and eversion ROM equal bilaterally

Dorsiflexion ROM is neutral

### **Phase II (6-12) weeks**

- Gait training, if in bivalve cast discharge at 6 weeks and progress to shoe with heel lift, if in walking boot discharge at 8 weeks and progress to regular shoe
- Soft tissue mobilization for scar tissue