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**Dx: s/p Achilles tendon repair**

**Achilles Tendon Rupture Rehabilitation Protocol**

**0-2 weeks**

Posterior slab/splint in plantarflexion; strict non-weight-bearing with crutches

**Week 3**

CAM walking boot with 3 heel lifts

Non-weight-bearing with crutches

Active plantar flexion, inversion/eversion below neutral

NO active or passive dorsiflexion

Modalities to control swelling

**Week 4**

CAM walking boot with 2 heel lifts

Gradually progress weight-bearing as tolerated in boot, wean crutches

Knee/hip exercises with no ankle involvement; e.g., leg lifts from sitting, prone, or side-lying position

Non-weight-bearing fitness/cardiovascular exercises; e.g., bicycling with one leg

Hydrotherapy (within motion and weight-bearing limitations)

**Week 5**

CAM walking boot with 1 heel lift

Weight-bearing as tolerated in CAM boot

Continue above program

**Week 6**

CAM walking boot with no heel lifts

Weight-bearing as tolerated in CAM boot

Active plantar flexion, inversion/eversion as tolerated

Passive and active dorsiflexion to neutral

**7-10 weeks**

Transition to normal shoe with lift then Remove heel lift 2 weeks later

Weight-bearing as tolerated

Gradually progress ankle active and passive range of motion as tolerated; no forced dorsiflexion/aggressive manipulation

Graduated resistance exercises (open and closed kinetic chain as well as functional activities)

Proprioceptive and gait retraining

Modalities including ice, heat, and ultrasound, as indicated

Incision mobilization

Fitness/cardiovascular exercises to include weight-bearing as tolerated; e.g., bicycling, elliptical machine, walking on treadmill

Hydrotherapy

**10-12 weeks**

Normalize gait

Continue to progress range of motion, strength, proprioception

**>12 weeks**

Continue to progress range of motion, strength, proprioception

Retrain strength, power, endurance

Increase dynamic weight-bearing exercise, include plyometric training

Sport-specific retraining

Return to competitive sports 4-6 months post-op

\*\*Please send progress notes.

*Protocol adapted from UC San Diego Department of Orthopaedic Surgery Physical Therapy/Catherine Robertson M.D. protocols*