



WAYPOINT

ORTHOPAEDIC ASSOCIATES

Achilles Repair Rehab Protocol

Bracing:

- 0-2 weeks: Post-op splint/Non-weightbearing
- 2-4 weeks: Post-op cast/Non-weightbearing
- 4-6 weeks: Progress weightbearing/Cam walker boot with 2 cm heel lifts (20 deg PF)
- 6-8 weeks: WBAT Cam walker with 1cm heel lift
- 8-10 weeks: WBAT Cam walker with no heel lifts
- 10-12 weeks: Gradually wean from boot. Return to crutches/cane as necessary.

*Brace to be worn at all times except for physical therapy, bathing, and dressing.

Physical Therapy:

- 4-8 weeks:** Edema control
Incision mobilization modalities if necessary (heat, friction, ultrasound, stretch)
Begin gentle passive ROM: inversion/eversion below neutral.
Initiate active plantarflexion and dorsiflexion to neutral.
knee/hip strengthening with no ankle involvement.
Stationary bike with brace on using uninjured leg
NO PASSIVE dorsiflexion/heel cord stretching.
- 8-12 weeks:** Begin light resistive dorsiflexion/plantarflexion exercises with knee flexed
Inversion/eversion isometrics
Graduated resistance exercises (open and closed chain as well as functional activities)
Continue hip/knee strengthening
Progress cardiovascular activities: bicycling, elliptical, etc.
Proprioceptive and gait training.
Modalities such as ice, heat, ultrasound as necessary.
- > 12 weeks:** Progress resistive dorsiflexion/plantarflexion exercises
Progress range of motion, strength, and proprioception
Retrain strength, power, endurance
Sport specific rehab