



## **Achilles Tendon Repair Rehabilitation Protocol for Physical Therapy**

### **Week 0-4:**

Patient non weightbearing in splint with ankle in equinus

At 2 weeks, splint removed, wound checked, and placed into a cast in equinus

### **Week 4-8:**

Cast removed

Patient placed into a boot with heel wedges

WBAT in boot

Wedges progressively discontinued so patient is WBAT foot flat by 7-8 weeks.

Passive / active dorsiflexion stretch to but not beyond neutral

Inversion / Eversion ROM exercises

At 6 weeks, begin active plantar flexion begin with isometrics and progress to isotonic

Dorsiflexion isotonic

Can start riding a stationary bicycle

Should be walking on a treadmill with wean up to 3.5 mph

### **Week 9-11:**

Advance strengthening

### **Week 12 +:**

Can begin jogging, stairmaster

Add isokinetics

Increase strengthening, endurance, proprioception, flexibility exercise

Initiate sport specific drills with gradual **return to athletics at or after 16 weeks**