

## **ACHILLES TENDON REPAIR**

### **Rehabilitation Protocol**

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#### **POST-OP: WEEK 1**

- Splint in neutral until sutures are removed
- Crutches non-weight bearing

#### **POST-OP: WEEKS 2-6**

- Non-weight bearing with Aircast boot
- Active range of motion in all planes
- Soft tissue massage
- Low intensity open chain stretching
- Modalities

#### **POST-OP: WEEKS 7-8**

- Continue with previous exercises
- Begin 50% weight bearing with Aircast boot
- Light resistance open chain exercises
- Stationary bike
- Walking activities in pool

#### **POST-OP: WEEKS 9-10**

- Continue with previous exercises
- Progress to 75% weight bearing with Aircast boot
- Progress intensity of open chain stretching and resistance exercises

#### **POST-OP: WEEKS 11-12**

- Continue with previous exercises
- Progress to full weight bearing with boot
- Closed chain strengthening exercises
- Increase closed chain flexibility

#### **POST-OP: MONTHS 3-5**

- Discontinue Aircast boot
- Continue with previous exercises
- Tuli heel cups
- Balance and proprioception exercises

- Introduce toe raises

POST-OP: MONTH 6

- Progress to toe walking, jogging, hopping, and plyometrics
- Return to activities as tolerated after 6 months