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REHAB PROTOCOL: ACHILLES TENDON REPAIR

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-2)

- **Weightbearing:** Non-weightbearing using crutches
- **Brace:** Patient in plantarflexion splint
- **No Formal PT**

Phase II (Weeks 2-6)

- **Weightbearing:** As tolerated in CAM Walker Boot with Heel Wedges in place (first wedge removed at 4 weeks, second wedge removed at 6 weeks)-- discontinue crutch use
- **Brace:** CAM Walker Boot at all times except showering and when working with PT
- **Range of Motion** – PROM/AROM/AAROM of the ankle from full plantarflexion to neutral (NO DORSIFLEXION PAST NEUTRAL), Inversion/Eversion, Toe Flexion/Extension
- **Therapeutic Exercises**
 - Seated heel raises
 - o Isometric dorsiflexion to neutral
 - o Resistance bands for plantarflexion/inversion/eversion
 - o Proprioception exercises – single leg stance with front support to avoid excessive dorsiflexion
 - o Soft tissue mobilization/scar massage/densensitization/edema control

Phase III (Weeks 6-12)

- **Weightbearing:** Full weightbearing in sneaker
- **Range of Motion** – PROM/AROM/AAROM of the ankle – progressive dorsiflexion – 10° intervals (10° of dorsiflexion by post-op week 8, 20° by week 10, 30° by week 12)
- **Therapeutic Exercises**

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- o Standing heel raises
- o Single leg eccentric lowering
- o Step-ups, side steps
- o Proprioception exercises – balance board

Phase IV (Months 3-6)

- o Progress with strengthening, proprioception and gait training activities
- o Begin light jogging at 12-14 weeks
- o Running/cutting at 16 weeks
- o **Return to sports at 5- 6 months**

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____