ACHILLES TENDON REPAIR

Post-Operative Rehabilitation

PHASE I- MAXIMUM PROTECTION (WEEKS 0 TO 6)

- Splint in plantarflexion x 2 weeks, then boot x 8 weeks
- All wedges x 2 weeks (weeks 2-4), then 2 wedges x 2 weeks (weeks 4-6), then 1 wedge x 2 weeks (weeks 6-8)
- Non-weight bearing x 6 weeks
- Elevate the ankle above the heart
- Multi-plane hip strengthening
- Core and upper extremity strengthening

PHASE II- RANGE OF MOTION AND EARLY STRENGTHENING (WEEKS 6 TO 12)

- Progressive weight bearing in boot with heel wedge
- Sequentially wean away from wedge by 8 weeks
- Weaning out of the boot and full weight bearing at 10 weeks
- Active/passive dorsiflexion gradually working to neutral weeks 6-8,
- 5°-10° DF by week 10 and then gradual progression to full DF by week 12.
- Isometric and early isotonic ankle all planes of motion
- Foot intrinsic strengthening
- Deep water cycling program
- Stationary bike with light resistance (wk 8)

PHASE III- PROGRESSIVE STRENGTHENING (WEEKS 12-16)

- Restoration of full range of motion all planes (both open and closed chain dorsiflexion with knee straight and bent)
- Advance ankle and foot intrinsic strengthening
- Bilateral progressing to unilateral gastrocnemius/soleus strengthening
- Normalize gait mechanics
- Stationary bike, elliptical, walking and swimming
- Bilateral progressing to unilateral closed chain progressing
- Proprioception training
- Retro-walking on flat ground progressing to elevated treadmill

PHASE IV- ADVANCED STRENGTHENING (WEEKS 16-24)

- Advance strengthening program
- Interval running program beginning in pool progressing to dry land. Linear running progressing to multidirectional
- Functional progression; linear progressing to lateral and rotational
- Bilateral progressing to unilateral plyometrics

PHASE V- RETURN TO SPORT (6 MONTHS)

- Progress during this time is gradual; continue to progress and increase intensity as tolerated. It is common to take 12 months to return to previous performance levels
- Sports test and release to full activity 6-12 months depending on progress