



Centers for
Orthopaedics
Experience in Motion

33 Sewall Street
Portland, ME 04102
(207) 828-2100

www.orthoassociates.com

ACHILLES TENDON REPAIR

Rehabilitation Protocol

General Considerations:

- Time frames mentioned in this protocol should be considered approximate with actual progression based on clinical presentation and physician direction.
- Patient usually NWB for 3-4 weeks
- PT usually begins 4 weeks post-op
- Monitor the incision scar and tendon scar for mobility, implement regular soft tissue mobilization to avoid fibrosis
- No running, jumping or ballistic movements for 6 months

Phase I (4-6 weeks):

- Gait training with patient in bivalve cast or walking boot progress from NWB to PWB and finally to FWB
- Soft tissue mobilization for scar tissue and modalities as indicated

Exercises:

AROM

Theraband exercises

Calf stretch (seated, pain free)

Seated calf raises

Straight leg raises

Seated BAPS

Well leg stationary bike

Aquatic exercise including deep well exercises

Progress to Phase II when:

Physician indicates

Ambulating FWB without assistive device

Plantarflexion, inversion and eversion ROM equal bilaterally

Dorsiflexion ROM is neutral

Phase II (6-12) weeks

- Gait training, if in bivalve cast discharge at 6 weeks and progress to shoe with heel lift, if in walking boot discharge at 8 weeks and progress to regular shoe
- Soft tissue mobilization for scar tissue



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Exercises:

Standing Gastrocnemius and Soleus stretch
Stationary bike (heel push only until 8 weeks)
Standing calf raises (approximately 8 weeks)
Minisquats (bilateral to unilateral)
Closed chain step exercises (step ups progress to step downs)
Proprioceptive training (single leg balance challenged as able)
Leg press (bilateral to unilateral)

Progress to Phase III when:

Physician indicates
Dorsiflexion ROM equal bilaterally
Unilateral stance equal bilaterally
Gait normalized

Phase III (12 weeks – discharge)

- One leg PREs (as tolerated)
- Lunges (multi directional and walking)
- Unilateral calf raises (approximately 16 weeks)
- Outdoor biking
- Jogging (approximately 16-20 weeks, cleared by MD)
- Agility drills (approximately 16-20 weeks, cleared by MD)

Discharge criteria:

Physician indicates
Long term goals achieved
Patient personal goals achieved