

Achilles Tendon Repair Protocol

Phase I (0-4 Weeks)

1. Period of immobilization (CAM Boot), 20-30° heel lift
2. Gait: NWB Status
3. Frequent cryotherapy and elevation
4. Exercise
 - a. Scar massage / Soft tissue mob @ 2 weeks
 - b. OKC for proximal LE and core work
 - c. Stationary bike okay in CAM boot

Phase II (4-6 Weeks)

1. Gait:
 - Slow increase in WB (25% at 4 weeks post-op, 50% at 5 weeks post-op)
 - Continue to use CAM boot and AD for protection during gait
 - Slowly reduce amount of heel lift
2. Exercise
 - a. Gentle ROM: Active Dorsi-flexion, Passive Plantar-flexion
 - b. Gentle OKC strength: Ankle Dorsi-flexion, Inversion, Eversion
Knee, Hip, Core
 - c. Gentle CKC strength, balance/proprioceptive work within WB status and in CAM boot
 - d. Non-impact cardio: Stationary bike, no resistance, pedal at mid-foot or heel

Phase III (6-16 Weeks)

1. Gait:
 - WBAT, remove any remaining heel lift
 - Wean from AD first, remaining in CAM
 - Then wean from CAM to lace ankle support
2. Exercise
 - a. Progressive ROM work. Okay for gentle, passive LLLD gastroc and soleus stretching.
 - b. Progressive OKC, CKC, Balance/Proprioceptive, Core work
 - c. Progressive Cardio: non-WB → WB, non-impact

Phase IV (after 16 weeks) – Requires physician clearance

1. Jog progression to interval run/sprints
2. Progressive agilities
3. Progressive jump to hop to plyometrics activities
4. Progress to sport specific activities