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## Achilles Tendon Repair – Rehab Protocol

### 0-2 Weeks post-op

- Posterior Splint (short leg, neutral ankle)
- NWB with crutches

### 2-6 Weeks

- Aircast walking boot with 2-cm heel lift (preferred) or IROM camwalker 30° plantarflexion
- Touch down weight-bearing with crutches
- Active plantar flexion and dorsiflexion to neutral, inversion/eversion below neutral
- Modalities to control swelling; Incision mobilization modalities
- Knee/hip exercises with no ankle involvement (bicycling with one leg, deep-water running)
- Hydrotherapy (within motion and weight-bearing limitations)

### 6 Weeks

- Progressive weight-bearing as tolerated (start partial and advance from there)
- Continue 2-4 week protocol

### 8 Weeks

- Remove heel lift
- Weight-bearing as tolerated
- Dorsiflexion stretching, slowly
- Graduated resistance exercise (open and closed kinetic chain as well as functional activities)
- Proprioceptive and gait retraining
- Modalities including : ice, heat, and ultrasound as indicated; Incision mobilization
- Fitness/cardiovascular exercises to include weight-bearing as tolerated( bicycling, elliptical machine)
- Hydrotherapy

### 8-12 Weeks

- Wean off boot
- Return to crutches and or cane as necessary and gradually wean off
- Continue to progress range of motion, strength, and proprioception

### >12 weeks

- Continue to progress range of motion, strength, and proprioception
- Retrain strength, power , endurance
- Increase dynamic weight-bearing exercise, include plyometric training
- Sport-specific retraining

\*Patient is required to wear the boot while sleeping. Patient can remove boot for bathing and dressing, but were required to adhere to the weight-bearing restrictions.