

## ACHILLES TENDON REPAIR REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 8 weeks</b>	<p><b>0-4 weeks:</b> Non weight bearing</p> <p><b>4-8 weeks:</b> as tolerated with crutches and cam-walker</p>	<p><b>0-2 weeks:</b> splint worn at all times</p> <p><b>2-4 weeks:</b> locked in 20° of plantar-flexion - worn at all times except for exercise and hygiene*</p> <p><b>4-8 weeks:</b> worn during weight bearing activities</p>	<p><b>0-2 weeks:</b> <b>NO</b> physical therapy or motion</p> <p><b>2-6 weeks:</b> limit active dorsiflexion to 90° with knee flexed at 90°</p> <p><b>6-8 weeks:</b> ROM to tolerance</p>	<p><b>0-2 weeks:</b> <b>NO</b> physical therapy or motion</p> <p><b>2-8 weeks:</b> Inversion/eversion ROM, stationary bike with brace on, knee/ hip strengthening, joint mobilizations - <b>NO</b> passive heel cord stretching</p>
<b>PHASE II 8 - 12 weeks</b>	As tolerated with crutches - discontinue crutch use when gait is normalized	None	Gain full and pain-free	Begin light resistive dorsi/plantarflexion exercises with knee flexed, inversion/eversion isometrics, continue with bicycle and knee/hip strengthening
<b>PHASE III 12 weeks - 5 months</b>	Full with a normalized gait pattern	None	Full and pain-free	Progress phase II activities, begin inversion/eversion isotonic, aggressive dorsi/plantarflexion resistive exercises with emphasis on plantar eccentrics

\*More tenuous repairs may be required to be immobilized for up to 4 weeks post-operative