

Jeffrey Dean, MD
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Achilles Tendon Repair (Rehabilitative Guidelines)

Revised January 2003

Post-op Days 1 – 10

Watch for skin breakdown
Crutches – NWB
SLR x 4
Contralateral toe raises
Plantar flexion/dorsiflexion ROM (DF to neutral only)
Ice and elevation

Goals

Pain control
Protection

Days 10 – 21

D/C Splint and remove sutures (Ortho)
**Cast will be applied for 6 weeks for patients anticipated to be non-compliant
Crutches – PWB in cam walker with ½ inch heel lift
Continue appropriate previous exercises
Isometrics x 4
Begin gentle and *painfree* active DF, INV, EV
Passive PF to tolerance – sit with leg in dependent position
SAQ
SLR x4 with weight mid calf

Goals

Minimize quad atrophy

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Weeks 3 – 4

Crutches – WBAT in cam walker with $\frac{1}{4}$ inch heel lift
Continue appropriate previous exercises
Towel crunches
Gentle scar mobilization when wound well healed – keep moist with lotion or oil

Goals

No adhesions

Weeks 4 – 6

FWB in cam walker with no lift
Continue scar mobilization to ensure no adhesions
Theraband exercises (light resistance)
Steamboats in cam walker
Wall squats
Stationary bicycle in cam walker with the heel on the pedal
Pool therapy- aqua jogger in deep water-wear cam walker to edge of pool
Passive gentle stretchmh AT in non-weight bearing (strap or towel)

Goals

10 degrees dorsiflexion

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Weeks 6 – 8

Taper out of boot at home, but wear outside of home
D/C crutches
Begin active ankle ROM including PF – Alphabet, calf pumping
Ankle exercises x 3 with light Theraband
Stationary bicycle in cam walker with toes on the pedal
Continue deep water running with aqua jogger
Passive gentle stretching AT in standing

Goals

Pain free gait w/o crutches

Weeks 8 – 12

D/C boot
Continue appropriate previous exercises
Ankle exercises x 4 with Theraband – gradually increase resistance
Double leg heel raises
Proprioceptive exercises – BAPS, ball toss, body blade
Pool therapy – chest (waist) deep
Treadmill walking progression program
Elliptical trainer

Goals

Symmetrical DF

Months 3 – 4

Functional activities – Fitter, slide board, figure 8's, gentle loops, large zigzags
Single leg heel raises
Continue strengthening
Continue proprioceptive training
Stairmaster
Treadmill – Running progression program

Goals- No calf atrophy, Run 2 miles at a normal pace

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Months 4 – 6

Home/gym program
Continue running progression program to track and hard surfaces
Agility drills / Plyometrics

Goals

Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

Reference: MollerT, Movin T, Granhed H, et al, JBJS(B) Aug 2001 V83B #6, p 843-848