



JAGLOWSKI
ORTHOPEDIC
INSTITUTE

Achilles Tendon Repair

Rehabilitation Protocol

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**** The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at www.jagsortho.com.****

Phase I: Week 0-2

Weight Bearing

- Non-weight bearing using crutches

Splint/ Boot

- Post-op plantar flexion splint at all times

ROM

- None

Therapeutic Exercise

- Hip, knee ROM as tolerated

Phase II: Weeks 2-6

Weight Bearing

- Weight bearing as tolerated in CAM Walker boot
- Discontinue crutch use

Splint/ Boot

- CAM Walker boot with heel wedges in place (first wedge removed at 4 weeks, second wedge removed at 6 weeks)
- Worn at all times except for showering and in PT

ROM

- PROM/AROM/AAROM of the ankle from full plantar flexion to neutral (NO DORSIFLEXION PAST NEUTRAL), Inversion/ Eversion, Toe Flexion/Extension

Therapeutic Exercise

- Seated heel raises
- Isometric dorsiflexion to neutral
- Resistance bands for plantar flexion/inversion/eversion
- Proprioception exercises - single leg stance with front support to avoid excessive dorsiflexion
- Soft tissue mobilization/scar massage/desensitization/edema control

Phase III: Weeks 6-12

Weight Bearing

- Full weight bearing in sneaker

Splint/ Boot

- None

ROM

- PROM/AROM/AAROM of the ankle - progressive dorsiflexion – 10-degree intervals (10 degrees of dorsiflexion by post-op week 8, 20 degrees by week 10, 30 degrees by week 12)

Therapeutic Exercise

- Standing heel raises
- Single leg eccentric lowering
- Step-ups, side steps
- Proprioception exercises - balance board

Phase IV: Months 3-6

Weight Bearing

- Full weight bearing

Splint/ Boot

- None

ROM

- Full ROM

Therapeutic Exercise

- Progress with strengthening, proprioception, and gait training activities
- Begin light jogging at 12-14 weeks
- Running and cutting at 16 weeks
- Return to sports at 5-6 months