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ACHILLES TENDON REPAIR

Phase I:

Goals...

- Decrease Pain and Inflammation
- Protect the surgical repair
- Gradually regain passive range of motion (PROM)

Week 1:

- Partial Weight-bearing
- ROM Exercises out of splint:
 - AROM dorsiflexion for PROM Achilles .
 - No strengthening exercises

Week 2:

- Progressive, partial weight-bearing
- ROM Exercises:
 - Plantarflexion/dorsiflexion
 - Inversion/Eversion
- Strengthening Exercises:
 - Isometric inversion/eversion in neutral.
 - Toe curls with towel and weight
- Scar Mobilization:
 - Gentle scar mobilization
 - Cryotherapy

Week 3:

- Progressive, partial weight-bearing in walker splint to full weight-bearing
- Previous ankle ROM exercise.
 - Gentle passive stretching into dorsiflexion with straps or towels
 - Stationary bicycle with minimal resistance
 - Hydrotherapy encouraged for ankle AROM non-weight bearing
- Isometric Inversion/Eversion and Plantarflexion
- Scar Mobilization continues

Phase II:

Goals...

- Progressive PROM into Dorsiflexion
- Full weight-bearing
- Additional treatment modalities
 - Ultrasound, phonophoresis and electrical stimulation for edema management
- Progressive isometric strengthening

Weeks 4-6:

- ROM Exercises:
 - Passive stretch with knee in full extension progressing to knee in 35-40 flexion
 - Begin standing calf stretch with knee full flexed and extended at week 5
- Strengthening Exercises:
 - Progress isometric resistance
 - Stationary bicycle with minimal resistance
- Scar Mobilization

Phase III:

Goals...

- Proprioception Training begins
- Weight-bearing isometrics begin in double legged stance

Weeks 6-12:

- ROM Exercises progressed in standing
- Strengthening Exercises:
 - Begin toe raises in double leg stance
- Proprioception:
 - Balance board training begins

Phase IV:

Goals...

- Sport specific training

Weeks 12+:

- Progressive resistance strengthening
 - Up to 1.5x body weight in standing in athletes
 - Single-leg toe raises
- Running begins
 - Figure 8 and cutting drills initiated
 - Jump drills