



## 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