

Achilles Tendon Repair:

The intent of this protocol is to provide the therapist with guidelines of the post-operative rehabilitation course after an achilles tendon repair. It should not be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of post-operative complications. The therapist should consult the referring physician with any questions or concerns.

INDIVIDUAL CONSIDERATIONS:

Post Operative Management

Posterior Splint (short leg, neutral ankle)
NWB with crutches

DAY 14

- Discontinue splint use
- Cryotherapy (Jobst compression/Cryocuff)
- Ankle walking boot application
- PWB crutch ambulation (25-50%)
- Avoid passive heel-cord stretching
- Active dorsiflexion/plantar flexion (unloaded)
- Minimal resistance stationary cycling (anterior foot placement)
- Seated "Level 1" biomechanical ankle platform system (BAPS)

WEEKS 2-6

- Progressive weightbearing ambulation with walking boot to FWB
- BAPs "Level 1-2-3" (progressive seated PWB to standing FWB)

- Active range-of-motion dorsiflexion/plantar flexion
- Progressive resistance Theraband ankle strengthening exercises
- Intrinsic foot muscle strengthening exercises
- Heel-Toe ambulation
- Stationary cycling with progressive resistance (anterior foot placement)
- Flat-Footed standing balance/proprioception activities on a mini-trampoline

WEEKS 6-12

- Single Leg standing balance activities
- Active bilateral heel raises
- Initiate passive heelcord stretching
- Bilateral to unilateral standing, heel raise exercises
- Stationary cycling with progressive resistance (standard foot placement)
- Progressive depth (30° to 90° knee flexion) flat-footed mini-squats
- Discontinue walking boot
- Progressive retrograde treadmill ambulation
- “Flat-Footed” single leg balance on mini-trampoline
- “On-Toes” standing balance/proprioception activities on mini-trampoline
- Progressive duration/velocity Stairmaster ambulation
- Stationary jogging and jumping on mini-trampoline
- Lateral sliding board maneuvers

3-6 MONTHS

- Straight ahead jog-to-run progression on a level surface
- Progressive acuity cutting agility maneuvers
- Large-to-small Figure 8 agility maneuvers
- Sport/Position specific functional activities
- Running and agility maneuvers on progressive incline/decline surfaces
- Discharged to normal activities