

- Achilles Repair – Rehab Protocol

<u>Time Frame</u>	<u>Activity</u>
0-2 weeks	Splint with ankle in plantarflexion x2 weeks; non-weight bearing
2-4 weeks	CAM boot with 10 degree wedge x3 – x2 weeks; partial weight bearing with crutch assist (as long as incision intact)
4-6 weeks	CAM boot with 10 degree wedge x3
Weight-bearing as tolerated Active plantar flexion and dorsiflexion to neutral, inversion/eversion below neutral Modalities to control swelling Incision mobilization modalities‡ Knee/hip exercises with no ankle involvement; e.g., leg lifts from sitting, prone, or side-lying position Non-weight-bearing fitness/cardiovascular exercises; e.g., bicycling with one leg, deep-water running Hydrotherapy (within motion and weight-bearing limitations)	
6-8 weeks	Full weight-bearing as tolerated in boot, slowly remove wedges.
Remove 1 wedge per week; weeks 6, 7, and 8 Dorsiflexion stretching, slowly	
Graduated resistance exercises (open and closed kinetic chain as well as functional activities) Proprioceptive and gait retraining Modalities including ice, heat, and ultrasound, as indicated Incision mobilization‡ Fitness/cardiovascular exercises to include weight-bearing as tolerated; e.g., bicycling, elliptical machine, walking on treadmill, Stair Master Hydrotherapy	
8-10 weeks	Wean off boot, in shoe with insert/wedge; heel cup
10+ weeks	Continue to progress range of motion, strength, proprioception
Retrain strength, power, endurance, can begin jogging Increase dynamic weight-bearing exercise, include plyometric training Sport-specific retraining	