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## **ACHILLES TENDON REPAIR (Rehabilitative Guidelines)**

*Revised June 2018*

### **Post-op Days 1 – 10**

**Watch for skin breakdown**      Crutches – NWB  
SLR x 4  
Contralateral toe raises  
Plantar flexion/dorsiflexion ROM (DF to neutral only)  
Ice and elevation

#### **Goals**

Pain control  
Protection

### **Days 10 – 21**

D/C Splint and remove sutures (Ortho)  
\*\*Cast will be applied for 6 weeks for patients anticipated to be non-compliant  
Crutches – PWB in cam walker with ½ inch heel lift  
Continue appropriate previous exercises  
Isometrics x 4  
Begin gentle and *painfree* **active DF, INV, EV**  
**Passive PF** to tolerance – sit with leg in dependent position  
SAQ  
SLR x4 with weight mid calf

**Goals** – Minimize quad atrophy

**Weeks 3 – 4**

Crutches – WBAT in cam walker with ¼ inch heel lift  
Continue appropriate previous exercises  
Towel crunches  
Gentle scar mobilization when wound well healed – keep moist with lotion.

**Goal** – No adhesions

**Weeks 4 – 6**

FWB in cam walker with no lift  
Continue scar mobilization to ensure no adhesions  
  
Theraband exercises (light resistance)  
Steamboats in cam walker  
Wall squats  
Stationary bicycle in cam walker with the heel on the pedal  
Pool therapy – aquajogger in deep water – wear cam walker to edge of pool  
Passive gentle stretching AT in non weight bearing (strap or towel)

**Goal** – 10 degrees dorsiflexion

**Weeks 6 – 8**

Taper out of boot at home, but wear outside of home  
D/C crutches  
Begin active ankle ROM including PF – Alphabet, calf pumping  
Ankle exercises x 3 with light Theraband  
Stationary bicycle in cam walker with toes on the pedal  
Continue deep water running with aqua jogger  
Passive gentle stretching AT in standing

**Goal** – Painfree gait w/o crutches

**Weeks 8 – 12**

D/C boot  
Continue appropriate previous exercises  
Ankle exercises x 4 with Theraband – gradually increase resistance  
Double leg heel raises  
Proprioceptive exercises – BAPS, ball toss, body blade  
Pool therapy – chest (waist) deep  
Treadmill walking progression program  
Elliptical trainer

**Goal** – Symmetrical DF



### **Months 3 – 4**

Functional activities – Fitter, slide board, figure 8's, gentle loops, large zigzags  
Single leg heel raises  
Continue strengthening  
Continue proprioceptive training  
Stairmaster  
Treadmill – Running progression program

**Goals** --No calf atrophy  
Run 2 miles at normal pace

### **Months 4 – 6**

Home/gym program  
Continue running progression program to track and hard surfaces  
Agility drills / Plyometrics

#### **Goals**

Return to all activities  
Pass APFT at 6 months post-op

***No contact sports until 6 months post-op***