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## **ACHILLES TENDON REPAIR**

### **POST-SURGICAL REHABILITATION PROTOCOL**

#### **POST-OP DAYS 1 – 10**

- L & U Splint – Watch for skin breakdown
- Crutches – non weight bearing (NWB)
- Active motion (AROM) hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4
- Lower extremity (LE) stretches – Hamstring, quads, ITB, hip flexors
- Ice and Elevation

#### **GOALS**

- Pain management
- Protection

#### **Days 10 – 21**

- D/C Splint and remove sutures (Ortho)
- Cam walker with ½ inch heel lift
- Crutches – Partial weight bearing (PWB)
- Continue appropriate previous exercises
- Isometrics x 3 **No Plantar flexion (PF)**
- Gentle **active DF, INV, EV**
- **Passive PF** to tolerance – sit with leg in dependent position
- SLR x 4 with weight mid calf
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups)
- Ice as needed

#### **GOAL**

- Minimize quad atrophy

#### **WEEKS 3 – 4**

- Cam walker with ¼ inch heel lift
- Crutches – weight bearing as tolerated (WBAT)
- Continue appropriate previous exercises
- Scar massage/mobilization with oil/cream
- Weight shifts

#### **GOAL**

- No adhesions

#### **Weeks 4 – 6**

- Cam walker with no lift
- Crutches – Full weight bearing (FWB), D/C when gait is WNL
- Continue appropriate previous exercises
- Isometrics x 4

- Towel crunches and side-to-side
- Steamboats (Theraband x 4 while standing on involved LE) in cam walker
- Mini-squats, Wall squats, Total gym in cam walker
- Stationary bike in cam walker with the heel on the pedal

#### **GOAL**

- Neutral DF (0 degrees)

#### **Weeks 6 – 8**

- Taper out of cam walker at home, but wear outside of home
- Continue appropriate previous exercises
- Ankle AROM including plantar flexion – Calf pumping, alphabet, rotations
- Light Theraband x 3 – **No plantar flexion**
- Seated BAPS
- Stationary bike in cam walker with toes on the pedal
- Pool therapy – Aqua-jogger in deep water

#### **GOALS**

- 10 degrees DF
- Normal gait

#### **Weeks 8 – 12**

- Transition from cam walker to ankle brace
  - Continue appropriate previous exercises
  - Theraband ex x 4 – Gradually increase resistance
  - Elgin
  - Double leg heel raises
- 3
- Leg press, knee ext, Hamstring curl, hip weight machines
  - Forward, retro and lateral step downs
  - Proprioception ex
  - Double leg BAPS
  - Progress to single leg BAPS, ball toss, body blade
  - Pushup progression
  - Pool therapy – Chest (waist) deep
  - Treadmill – Walking progression program
  - Elliptical trainer

#### **GOALS**

- Symmetrical DF
- Walk 2 miles at 15 min/mile pace

#### **Months 3 – 4**

- D/C brace
- Continue appropriate previous exercises
- Single leg heel raises
- Functional activities – Fitter, slide board, figure 8's, gentle loops, large zigzags
- Treadmill – Running progression program
- Stairmaster

#### **GOALS**

- No calf atrophy
- Run 2 miles at easy pace

## **MONTHS 4 – 6**

- Continue appropriate previous exercises
- Running progression program – Progress to track and hard surfaces
- Agility drills / Plyometrics
- Transition to home / gym program

### **GOAL**

- Return to all activities

***\*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP\****

#### **ADAPTED FROM:**

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