

ACHILLES TENDON REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 - 8 weeks	<p>0-4 weeks: Non weight bearing</p> <p>4-8 weeks: as tolerated with crutches and cam-walker</p>	<p>0-2 weeks: splint worn at all times</p> <p>2-4 weeks: locked in 20° of plantar-flexion - worn at all times except for exercise and hygiene*</p> <p>4-8 weeks: worn during weight bearing activities</p>	<p>0-2 weeks: NO physical therapy or motion</p> <p>2-6 weeks: limit active dorsiflexion to 90 ° with knee flexed at 90 °</p> <p>6-8 weeks: ROM to tolerance</p>	<p>0-2 weeks: NO physical therapy or motion</p> <p>2-8 weeks: Inversion/eversion ROM, stationary bike with brace on, knee/ hip strengthening, joint mobilizations - NO passive heel cord stretching</p>
PHASE II 8 - 12 weeks	As tolerated with crutches - discontinue crutch use when gait is normalized	None	Gain full and pain-free	Begin light resistive dorsi/plantarflexion exercises with knee flexed, inversion/eversion isometrics, continue with bicycle and knee/hip strengthening
PHASE III 12 weeks - 5 months	Full with a normalized gait pattern	None	Full and pain-free	Progress phase II activities, begin inversion/eversion isotonic, aggressive dorsi/plantarflexion resistive exercises with emphasis on plantar eccentrics

*More tenuous repairs may be required to be immobilized for up to 4 weeks post-operative