



PHYSICAL THERAPY SECTION

ACHILLES TENDON REPAIR

Revised November 2016

Adapted from William Beaumont Army Medical Center

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

No contact sports until 6 months post-op