

## Achilles Repair Physical Therapy Protocol

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### Post Op

- Non weight bearing in post operative splint.

### 2 Weeks

- CAM boot with full heel lift.
- Begin gradual progression from NWB with crutches to full weight bearing over the next 4 weeks. Start at 25% WB and add 25% each week.
- PT

- Gentle isometrics in CAM boot, AROM hip, knee, UE exercises.
- Active dorsiflexion to neutral, passive plantar flexion (sit with foot hanging, allow foot to drop) actively dorsiflex to *neutral only*, 5 min every hour while awake

### 4 Weeks

- CAM boot with 1/2 heel lift removed
- Continue progressive weight bearing.

### 6 Weeks

- Continue CAM boot
- Possible removal of last 1/2 of heel lift
- Wean off crutches when full weight bearing.
- PT

- Active Range of motion all motions. Begin strengthening calf with theraband.
- Biking is OK with pedal on heel
- **NO Stretching until 3 months**

### 8 Weeks

- Begin transition to shoe
- PT

- Light weight resistance band range of motion
- Static single-leg stance balance exercise
- Begin double leg heel raises if tolerated

### 12 Weeks (3 months)

- PT
- Begin light stretching
- Progress gradually to single leg heel raise
- May start using elliptical
- Begin jogging when you can do a single leg heel raise (usually around 4 months).

### 4 months

- PT
- Single leg heel raises
- Step downs, progress from 2-inch step gradually to 8-inch step
- Plyometrics if able to perform 10 step-downs good form from 6-8 in step
- May return to sport if running without pain.

### 6 months – May take this long to regain strength

- Higher level sports activities: Soccer, basketball, volleyball