

POSTOP PROTOCOL ACHILLES TENDON REPAIR

___ Postoperative Week 0-2

- Non-Weight Bearing, immobilization in posterior splint
- Elevate as much as possible, avoid falls
- Knee ROM (active/passive), Straight leg raises, Sidelying hip exercises
- Toe curls, toe spreads

___ Postoperative Week 2-6

- Transition to CAM boot with 4 heel lifts (40 degrees of plantarflexion)
- Partial weight bearing with crutches in plantarflexion boot at all times except exercises
- Remove 1 lift per week until neutral at 6 weeks postoperatively
- Gentle active ankle dorsiflexion within confines of ROM restrictions, passive plantarflexion, inversion/eversion
- Isometrics of uninvolved muscles, proprioception exercises, intrinsic muscle strengthening
- Modalities to control swelling

___ Postoperative Week 6-8

- Transition to full weight bearing in boot in neutral position (no lifts)
- Gentle dorsiflexion stretching, incision mobilization if indicated
- Stationary cycling with heel push only (not toe) in boot
- Start hydrotherapy, avoid forced dorsiflexion

___ Postoperative Week 8-12

- Wean into regular shoe with heel lift
- Begin and gradually increase active/resistive exercises of Achilles (submaximal isometrics, careful isotonic, theraband), proprioception
- Progress full passive ROM gently
- Begin cycling in shoes, swimming

___ Postoperative Month 3-6

- Transition to regular shoe
- Progress ROM, Strength, Proprioception, Power, Endurance
- Cycling, rowing machine for cardio
- Closed chain exercises: controlled squat, lunge, bilateral calf raise (progress to unilateral), toe raises, controlled slow eccentric vs body weight
- Avoid impact activity

___ Postoperative Month 6+

- Initiate jogging/running protocol, then jumping and eccentric loading, sports simulated exercises
- Return to sport if rehab goals met @ month 8-9