

**Achilles Tendon Repair  
Postoperative Rehabilitation Protocol  
Dr. Jeffrey Witty, M.D.**

	<b>Weightbearing</b>	<b>Orthosis</b>	<b>ROM</b>	<b>Exercise</b>
<b>Phase I Week 0 - 2</b>	NWB	Posterior slab/splint from surgery.	None	None
<b>Phase II Week 2 - 4</b>	POW 2 - 3: NWB  POW3 - 4: Progress to partial 25% WB in CAM boot only	CAM boot with 2 cm heel lift at all times except when doing exercise  Ok to remove for showers, but ankle needs to remain in plantar flexed position.	<u>While in seated position:</u>  Slowly progress active dorsiflexion up to <u>neutral</u> . Do not push to pain. No passive stretching.  No active plantar flexion  Active inversion/eversion while foot and ankle in gravity resting planar flexion.	No strengthening.  See ROM.  Once sutures removed, ok to start incision/scar Mobilization (see modalities below)
<b>Phase III Week 4 - 6</b>	Partial 50% WB in CAM boot only	CAM boot with 2 cm heel lift at all times except when doing exercise	Can start active plantar flexion at week 5  Continue Phase II	Continue Phase II  Can add knee/hip exercise with precautions with ankle precautions noted.  Ok to start non-weight bearing fitness/cardiovascular exercise (e.g. bike with one leg)
<b>Phase IV Start Week 6 - 8</b>	Progress WB as comfort allows	Remove heel lift in CAM boot. Continue CAM boot without heel lift.	Continue Phase IV  Start slow dorsiflexion stretching. Do not push to pain	Continue Phase III  Upper body cycling  Gait retraining  Start gentle and slow dorsiflexion as tolerated.  Once motion improved, can start low resistance bike or elliptical
<b>Phase V Week 8 -</b>	WBAT Return crutches as needed for any	Wean out of CAM boot	Progressive to full ROM	Continue phase IV  Begin PRE, high rep

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<b>12</b>	soreness or discomfort	1 cm heel lift in normal shoe for next month		low weight Add plyometrics
<b>Phase VI 12 - 16</b>	WBAT	Remove 1cm heel lift in shoe  No further orthosis.	Full ROM	Continue phase V  Strengthening as tolerated  Start jogging
<b>Phase VII 16 - 26</b>	WBAT	None	Full ROM	As Phase VI  Sport specific retraining

**Other Notes:**

- Ok to remove boot to shower once cleared by MD but ankle needs to remain in resting plantar flexed position
  - o Shower chair or bench may be help
  - o Please take precautions to avoid falls and slips

**Modalities:**

- Ice for swelling, pain
- Once all sutures removed, ok to start incision/scar mobilization with gentle friction massage or ultrasound