



**TWIN CITIES ORTHOPEDICS**

*Excellence in Research and Education*

**Gregory N. Lervick, MD  
Andrew Anderson, PA-C  
952-456-7111**

## **ACHILLES TENDON REPAIR REHABILITATION**

### **Week 1-2**

Short leg cast/splint in 25-30° plantar flexion  
Non wt bearing

### **Week 2-4**

Short leg cast 5-10° plantar flexion  
Non wt bearing

### **Week 4-6**

Functional brace in 10° plantar flexion  
Allow gentle plantar flexion out of brace  
No dorsiflexion beyond neutral

### **Week 6-8**

Functional brace in neutral  
Progress WBAT  
Active exercises in all planes, including gentle stretching  
Scar massage, edema control

### **Week 8-10**

Functional brace in neutral  
WBAT  
Continue active exercises and edema control, scar massage  
More aggressive stretching  
Progress PRE within pt tolerance

### **Week 10-16**

Discontinue functional brace  
Regular shoe wear  
Continue PRE, stretching

### **Week 24-48**

Return to sport when ROM and strength demonstrated

This protocol provides you with general guidelines for the rehabilitation of the patient undergoing Achilles tendon repair.

Specific changes in the program will be made by the physician as appropriate for the individual patient.

Questions regarding the progress of any specific patient are encouraged, and should be directed to Dr. Lervick at **952-456-7111**.