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Achilles Tendon Repair Surgically Treated**PHASE I – IMMEDIATE POST-OPERATIVE PHASE (WEEK 0-2)**

- Goals
 - Protection of repaired tissue
 - Keep splint clean and dry
- Weight Bearing
 - Non-weight bearing in plantarflexion splint
- Toe exercises
 - Flexion/extension (3x20 repetitions, once per hour)

PHASE II – PROTECTION PHASE (WEEK 2-4)

- Goals
 - Protection of repaired tissue
- Walker (CAM) boot with 3 heel wedges
 - Wear boot while sleeping for 6 weeks
 - Allowed to remove boot for washing and airing the foot. When boot is removed, no weight bearing or dorsiflexion of foot is allowed.
- Weight Bearing
 - As tolerated in boot
 - Use of crutches as needed
- Exercise program
 - Home exercises
 - Performed while wearing boot
 - Isometric submaximal plantar flexion (5x5 seconds, once per hour)
 - Toe exercises (flexion/extension, once per hour)

PHASE III – INTERMEDIATE PHASE**After 4 Weeks:**

- Goals
 - Protection of repaired tissue
- CAM boot with 2 heel wedges
 - Wear boot while sleeping for 6 weeks
 - Allowed to remove boot for washing and airing the foot. When boot is removed, no weight bearing or dorsiflexion of foot is allowed.
- Weight Bearing
 - As tolerated in boot
 - Use of crutches as needed
- Exercise program
 - Home exercises as above, may increase intensity

- Physical Therapy (2x per week)
 - Begin after week 4
 - Exercise bike in boot
 - AROM to 15 degrees plantar flexion without boot
 - Active plantar flexion with yellow band (ROM as above)
 - Sitting heel-rise – no weight-bearing (starting position from the heel height)
 - Gait training and balance exercises with boot without crutches
 - Squats (fitness ball behind back)
 - Other hip/knee exercises with no ankle involvement

After 6 Weeks:

- CAM boot with 1 heel wedge
 - Full weight-bearing
 - Allowed to remove boot for washing and airing the foot. When boot is removed, no weight bearing or dorsiflexion of foot is allowed.
- Exercise program
 - Home exercises as above, may increase intensity
- Physical Therapy (2x per week)
 - Exercise bike in boot
 - AROM to 10 degrees plantarflexion without boot
 - Sitting heel-rise – no weight-bearing (starting position from the heel height)
 - Supination/pronation exercises with rubber band
 - Gait training and balance exercises with boot
 - Squats (fitness ball behind back)
 - Other hip/knee exercises with no ankle involvement

After 7 Weeks:

- CAM boot without heel wedges
 - Full weight bearing
- Exercise program
 - Home exercises as above, may increase intensity
- Physical Therapy (2x per week)
 - Exercise bike in boot
 - AROM to 0 degrees plantarflexion without boot
 - Active plantar flexion in cable machine (ROM as above)
 - Sitting heel-rise – with weight
 - Supination/pronation exercises with rubber band
 - Gait training and balance exercises with boot
 - Squats (fitness ball behind back)
 - Other hip/knee exercises with no ankle involvement
 - Leg press

After 8 Weeks:

- Visit to Dr. Ridley
- CAM boot
 - Wean out of boot
 - Use shoes with a heel lift until 12 weeks after surgery
- Weight Bearing
 - Full weight bearing in shoe with heel lift
- Home exercises
 - Active ankle exercises for ROM, with rubber band, balance exercises, sitting heel-rise, standing heel-rise (50% WB or less on injured side)

- Physical Therapy (2x per week)
 - Exercise bike
 - AROM to tolerance
 - Active plantar flexion in cable machine (max 0 degrees plantar flexion)
 - Sitting heel-rise – with weight
 - Standing heel-rise on 2 legs
 - Supination/pronation exercises with rubber band
 - Gait training and balance exercises with boot
 - Squats (fitness ball behind back)
 - Other hip/knee exercises with no ankle involvement
 - Leg press heel-rise (max 0 degrees plantar flexion)

After 9 Weeks:

- Use of shoes with heel-lift until 12 weeks after surgery
- Home exercises
 - As above
 - Walking 20 min per day
- Physical Therapy (2x per week)
 - As above, increase intensity
 - Balance exercises

After 14 Weeks:

- Use of regular shoes after 12 weeks, barefoot after 14 weeks
- Home exercises
 - As above
- Physical Therapy (2x per week)
 - Intensify exercises by increasing load
 - Increase load gradually from 2 leg standing heel-rises to 1 leg
 - Both concentric and eccentric
 - Quick rebounding heel-rises
 - Gentle jogging
 - Start with 2-legged jumps, gradually increase

After 16 Weeks:

- Visit to Dr. Ridley to discuss return to sport
- Running outdoors (if good technique)
- Return to sports at earliest after 16 weeks (non-contact) and 20 weeks (contact)