

**TJ Ridley, MD**

Phone: 763-717-4103 | Website: [TJRidleyMD.com](http://TJRidleyMD.com) | Instagram: @dr.\_ridley

**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)