

Achilles Tendon Repair

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The surgeon may specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I	Phase II	Phase III
(0 - 6 Weeks)	(6 - 12 Weeks)	(Weeks 12+)
<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • Protection of repaired tissues • Postop short-leg cast (2 weeks) • CAM boot after cast with 3 heel wedges <ul style="list-style-type: none"> ○ CAM boot at all times except hygiene • NWB while in postop cast • TDWB with crutches weeks 2-4 • Progressive PWB weeks 4-6 with 2 heel wedges • Limit active dorsiflexion ROM to neutral <p style="text-align: center;">Clinical Care</p> <ul style="list-style-type: none"> • Swelling/wound management • Scar massage • Cryotherapy • Modalities <p style="text-align: center;">RANGE OF MOTION</p> <ul style="list-style-type: none"> • AROM as tolerated <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> • AROM • Isometrics • Pre-gait activities • Gait Training within restrictions 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • Progress to WBAT in CAM boot with 2-0 wedges • Phase out of CAM boot after week 8+ • Supportive shoes with heel cups or lift for 2-4 weeks • Avoid passive heel cord stretching <p style="text-align: center;">RANGE OF MOTION</p> <ul style="list-style-type: none"> • PROM to AROM as tolerated with goal of normal ROM, symmetry <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> • ROM • Bike • Proprioception • Gait training <ul style="list-style-type: none"> ○ Underwater treadmill system as needed for gait 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • FWB • Plyometrics <p style="text-align: center;">RANGE OF MOTION</p> <ul style="list-style-type: none"> • AROM as tolerated <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> • Continue with progression of previous phases • Open → Closed Kinetic Chain Strengthening • Progress from 2 leg standing heel-rises to 1 leg • Agility drills • Pool/treadmill walking – return to running as tolerated on even surface after 14 weeks • Proprioception • Plyometrics • Sport specific drills/activities
<p style="text-align: center;">General Goals</p> <ul style="list-style-type: none"> ✓ Tissue healing ✓ Decrease swelling ✓ Increase strength ✓ Increase range of motion ✓ Pain management 	<p style="text-align: center;">General Goals</p> <ul style="list-style-type: none"> ✓ Normal gait (non-antalgic) ✓ Increase strength ✓ Increase range of motion 	<p style="text-align: center;">General Goals</p> <ul style="list-style-type: none"> ✓ Return to baseline ✓ Return to sport (~6 months)

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