



Northern Arizona ORTHOPAEDICS

Outcomes by HOPCo®

Blake Obrock, DO

ORTHOPAEDIC SPORTS MEDICINE

1485 N Turquoise Dr #200

Flagstaff, AZ 86001

Phone: (928)226-2900 Fax: (928)226-3086

Post-operative Rehabilitation Protocol

Achilles Tendon Repair

Note: Patient will be in a plantar flexed splint until 2 weeks post op

Phase I

2 weeks post op

- Start physical therapy
- Walking boot with heel lift insert – Weight bearing as tolerated
- Inversion/eversion exercises—iskinetics, tubing, manual resistance, etc.
- Active dorsiflexion exercises to increase ROM
- Passive dorsiflexion to neutral only
- Modalities as needed
- Warm whirlpool
- No resisted plantar flexion (active and passive plantar flexion motion ok)
- Talocrural joint mobs as needed

Phase II

6 weeks post op

- Remove walking boot - WBAT
- PRE's for gastroc/soleus strengthening as tolerated (prevent Achilles tendonitis)
- Work to increase full gastroc/soleus ROM
- Proprioception exercises—single leg stands, stable and unstable surfaces
- Normalize gait

Phase III

12-16 weeks post op

- Full ROM
- Normal gait
- Near full strength—able to stand on toes of affected side in full plantar flexion, or able to do 4x25 single foot heel raises
- Start jogging program if strength acceptable, no limp with gait, and ROM is full