



REHABILITATION FOR ACHILLES TENDON REPAIR

Phase I

Week 1

- Weight-bearing Status
 - Total non-weight bearing
 - Instruction in protection of the surgical site
- Range of Motion Exercise
 - Out of splint AROM
 - Two sets of five repetitions three times daily
 - Plantar flexion and/or dorsiflexion

Week 2

- Weight-bearing Status: Total non-weight bearing
- Range of Motion Exercise
 - Plantar flexion and/or dorsiflexion, 2 sets of 20 repetitions
 - Inversion and/or eversion, 2 sets of 20 repetitions
 - Circumduction (both directions), 2 sets of 20 repetitions
- Strength Exercise
 - Isometric inversion and/or eversion, 2 sets of 20 repetitions (in neutral)
 - Toe curls with towel and weight
- Therapy Adjuncts: Cryotherapy with caution for any open areas of the wound

Week 3

- Weight-bearing Status: Progressive partial weight-bearing program in fracture walker with heel lift
- Range of Motion Exercise: Previous AROM exercise continued
- Strength Exercise
 - Isometric inversion and/or eversion, 2 sets of 10 repetitions
 - Isometric plantar flexion, 2 sets of 10 repetitions, progression to 2 sets of 20 over course of Week 3
 - One rubber band inversion and/or eversion, 2 sets, 10 repetitions
 - One rubber band plantar flexion and dorsiflexion, 2 sets, 10 repetitions
- Conditioning Activities: Stationary cycling begins, 7 to 12 minutes, minimal resistance
- Therapy Adjuncts: Manual mobilization of scar and cryotherapy

Phase II

Weeks 4 to 6

- Weight-bearing Status
 - Progressive partial weight bearing to full load by Weeks 5 to 6
 - Keep heel lift in fracture boot
- Range of Motion Exercise
 - Previous range of motion exercise decreased to one set of 10 repetitions each direction
 - Passive stretch continues into dorsiflexion with progressively greater efforts, knee at full extension and flexed to 35° to 40°
- Stretch Exercise
 - Decrease isometrics to 1 set of 10 inversion and/or eversion and plantar flexion
 - Progress to 3 rubber band: eversion, inversion, dorsiflexion and plantar flexion, 3 sets of 20 repetitions
 - Stationary cycling to 20 minutes with minimal resistance (heel only on pedal)
- Conditioning Activities
 - Cycling as previously outlined
 - Water exercise in totally buoyant state
- Therapy Adjuncts
 - Gentle cross-fiber massage to Achilles tendon to release adhesions between the tendon and peritenon
 - Cryotherapy continues; ultrasound, phonophoresis and electrical stimulation may be added for chronic swelling or excessive scar formation

Phase III

Weeks 6 to 12

- Weight-bearing Status
 - Full weight bearing in fracture boot
 - May remove one heel lift
- Range of Motion Exercise: Further progressed with standing calf stretch
- Strength Exercise
 - Omit isometrics
 - Continue 3 rubber band ankle strengthening in all directions
 - Begin double-legged toe raises with body weight as tolerated
 - Balance-board exercises are begun for proprioceptive training

Do not attempt these exercises without first being cleared by our physicians.

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