



REHABILITATION GUIDELINES
ACHILLES TENDON REPAIR

*This protocol is for the reliable patient only

Splint 15 degrees plantar Flexion X 2 weeks

Strict NWB; No ROM

Evaluate wound 2 weeks postop; if OK, transition to walker boot with ½ inch heel lift, gradually increase weight bearing to full over next two weeks.

15-28 DAYS POST-OP

DOS:

Active dorsi-flexion to neutral, then gradually increase to full over the next 4 wks

Passive plantar flexion to full, begin POD 15, begin active plantar flexion with NO resistance
POD 29

43 DAYS POST-OP

DATE:

Begin Cord resisted plantar flexion; also begin stationary bike without resistance

Heel-rise with Bilateral toes on stairs: begin two months PO; Also may add some mild resistance on stationary bike

3 MONTHS

DATE:

-May begin weights

Normal shoe-wear at 6 wks PO with small heel-lift until dorsi-flexion full.

2 Months: Swim

3 months: Jog; golf; Bike on level ground

4 months: Run; Return to tennis, Mountain bike

5-6 Months: Return to football, basketball or soccer