

Achilles Tendon Repair

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PRISMA
HEALTHSM

Phase I – Protective Early Motion

Guidelines

- Required to be in splint/boot while sleeping, may remove for bathing
- Limit Ankle dorsiflexion to neutral trough Week 6

Weeks 0-2

- Splint & Non Weight Bearing with Crutches

Weeks 2-4

- Begin Protected WBing (50%) in boot with 3 block heel lift
- Modalities to control swelling
- Active ROM- DF to neutral, Inversion/Eversion allowed below neutral, PF as tolerated
- Soft tissue/scar mobilization to eliminate adhesions
- Initiate Hip/Core Exercises and NWBing cardio (ex-well leg cycling and/or deep water running)
- Aquatic PT-deep water running, aquatic exercises maintaining motion and WBing restrictions

Weeks 4-6

- Progress to WBAT with progressive WBing protocol—inc by 25% WBing per week as tolerated
- Continue protocol as above

Criteria for Progression

- Minimal swelling, Minimal pain, DF ROM to neutral

Phase II – Gait & Endurance Phase

Weeks 6-8

- May gradually remove heel lifts, Emphasis on Gait Training w/ WBAT in boot
- Continue Modalities and soft tissue/joint mobilization as indicated
- Initiate gentle, slow DF stretching
- Begin strengthening-isometrics all planes => theraband exercises/OKC =>CKC strengthening
- Initiate Proprioceptive Ex (Rhythmic stab, BAPS etc OKC=>CKC)
- Bike

Weeks 8-12

- Gait training-Wean out of boot into shoe (increase shoe wear time 1-2 hour per day as tolerated)
- Regain full range of motion
- Progressive CKC strengthening
- Advance proprioceptive training in CKC (bilateral=>unilateral, static=>dynamic)

Criteria for Progression

- Full AROM, Normalize gait, Good strength throughout, SL balance 30

Phase III – Advanced Strength & Proprioception

Weeks 12-16

- 90% passive ROM, 80-90% AROM by 12 weeks. Larger tears and patients with poor tissue quality
- End ROM Stretching
- Progressive proprioceptive training – SL dynamic training
- Progressive CKC strengthening – heel raises, lunges, squats
- Run-Walk Program

Criteria for Progression

- Excellent dynamic balance on uneven surfaces, Full LE strength, demonstrate proper squat movement patterns, symmetrical Y Balance

Phase IV –Return to Sport

Week 16+

- Progressive running program
- Sport cord training
- Progressive agility and plyometric training

Criteria for Progression

- Pass sport cord test
- Run with normal gait
- Demonstrate symmetry with functional hop tests