

ACHILLES TENDON REPAIR

Post-Op Days 1-10

- L & U Splint – Watch for skin breakdown
- Crutches – non weight bearing (NWB)
- Active motion (AROM) hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4
- Lower extremity (LE) stretches – Hamstring, quads, ITB, hip flexors
- Ice and Elevation

Goals

- Pain management
- Protection

Post-Op Days 10-21

- D/C Splint and remove sutures (Ortho)
- Cam walker with ½ inch heel lift
- Crutches – Partial weight bearing (PWB)
- Continue appropriate previous exercises
- Isometrics x 3 No Plantar flexion (PF)
- Gentle active DF, INV, EV
- Passive PF to tolerance – sit with leg in dependent position
- SLR x 4 with weight mid calf
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups)
- Ice as needed

Goal – Minimize quad atrophy

Weeks 3-4

- Cam walker with ¼ inch heel lift
- Crutches – weight bearing as tolerated (WBAT)
- Continue appropriate previous exercises
- Scar massage/mobilization with oil/cream
- Weight shifts

Goal – No adhesions

Weeks 4-6

- Cam walker with no lift
- Crutches – Full weight bearing (FWB), D/C when gait is WNL
- Continue appropriate previous exercises
- Isometrics x 4
- Towel crunches and side-to-side
- Steamboats (Theraband x 4 while standing on involved LE) in cam walker
- Mini-squats, Wall squats, Total gym in cam walker
- Stationary bike in cam walker with the heel on the pedal

Goal – Neutral DF (0 degrees)

Weeks 6-8

- Taper out of cam walker at home, but wear outside of home
- Continue appropriate previous exercises
- Ankle AROM including plantar flexion – Calf pumping, alphabet, rotations Light Theraband x 3 – NO plantar flexion
- Seated BAPS
- Stationary bike in cam walker with toes on the pedal
- Pool therapy – Aqua-jogger in deep water
- Goals
- 10 degrees DF
- Normal gait



Brian Waterman M.D.
ORTHOPEDIC SURGERY

Weeks 8-12

- Transition from cam walker to ankle brace
- Continue appropriate previous exercises
- Theraband ex x 4 – Gradually increase resistance
- Elgin
- Double leg heel raises
- Leg press, knee ext, Hamstring curl, hip weight machines
- Forward, retro and lateral step downs
- Proprioception ex – Double leg BAPS – Progress to single leg BAPS, ball toss, body blade Pushup progression
- Pool therapy – Chest (waist) deep
- Treadmill – Walking progression program
- Elliptical trainer

Goals

- Symmetrical DF
- Walk 2 miles at 15 min/mile pace
D/C brace

Months 3-4

- Continue appropriate previous exercises
- Single leg heel raises
- Functional activities – Fitter, slide board, figure 8's, gentle loops, large zigzags
Treadmill – Running progression program
- Stairmaster

Goals

- No calf atrophy
- Run 2 miles at easy pace

Months 4-6

- Continue appropriate previous exercises
- Running progression program – Progress to track and hard surfaces
- Agility drills / Plyometrics
- Transition to home / gym program
- Goals
- Return to all activities
- Pass APFT at 6 months post-op

No contact sports until 6 months post-op



Brian Waterman M.D.
ORTHOPEDIC SURGERY