

Palmetto Health USC

ORTHOPEDIC CENTER

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Post-operative protocol for Achilles Tendon Repair

0-4weeks: immobilized/ controlled motion

3-6 weeks: begin physical therapy

*Dr. Noojin: heel lift (20 degree in
CAM walker)

- general AROM
- forefoot/hindfoot mobilization
- Seated gentle stretching
- Seated toe/heel raises
- Weight bearing: CAM walker: WBAT

6 weeks:

- Jt mob: anteroposterior and medial lateral glides**Dr. Noojin: remove heel lift????
- Progressive soft tissue and scar massage
- Progressive weight-bearing exercises (out of splint?????)
- Weight bearing
 - Out of CAM walker: WBAT (6 to 8 weeks as MD prescribes)
- Isometrics
 - PF/DF and EV/IN
- AROM
- Gentle DF/PF and EV/IN stretch
- Band exercises
 - PF/DF and EV/IN (**progress as tolerated: if pain and symptoms allow**)
- Bike

8-10weeks:

- Gait training out CAM walker and/or splint
- Bilateral calf raise
- Standing gentle DF stretch (as tolerated)
- Wall calf stretch knee flexed progressing to straight knee
- Stair climbing
- Treadmill walking on level surfaces

12weeks:

- Single leg heel raise
- Treadmill walking on level and slight incline (no sprinting, cutting or jumping)

16-18weeks:

- Begin jogging (progressive)
- Progressive jumping activities
- Progressive cutting activities

Full strength usually takes 1 year