

Achilles Tendon Repair Protocol

Rick Hammesfahr, MD

Phase one (weeks 1-3):

Goals = Protect repair

- Maintain optimal wound healing environment
- Minimize adhesions
- Edema management

Weight-Bearing Status: NWB until week 2; progress to PWB week 3

1. AROM exercises for plantar and dorsiflexion
- ONLY EXERCISE FOR WEEK ONE. ALL OTHER EX'S BEGIN WEEK 2**

WEEK 2-3

2. AROM for inversion and eversion
3. Ankle ABC
4. Toe curl with towel
5. Isometric inversion and eversion (manual)
6. Ice, estim prn for pain / edema
7. Scar mobilization
8. Theraband PF/DF/invert/evert to begin week 3
9. Quadriceps/hamstrings strengthening to begin week 3
10. Stationary bike for ROM to begin week 3
11. Towel stretch for DF to begin week 3

Phase two (weeks 4-6):

Goals = Protect repair

- Increase heel cord extensibility
- FWB by end of week 6
- Maintain optimal wound healing environment
- Promote optimal collagen remodeling

Weight-Bearing Status: PWB, progress to WBAT by week 6 and FWB at end of week 6

1. Continue modalities prn
2. Continue stationary bike, add minimal resistance
3. Manual stretch into DF with knee flexed and extended
4. Progress theraband ex's
5. Wean isometrics and AROM ex's
6. Cross-fiber massage to Achilles tendon
7. Standing calf stretch with knee flexed and extended to begin week 5

Phase three (weeks 6-12)

Goals = FWB

- Increase calf and LE strength
- Increase balance and proprioception
- Restore heel cord flexibility

Weight-Bearing Status: FWB

1. Continue standing calf stretch
2. D/C isometrics and AROM

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- 3. Continue theraband ex's
- 4. Bilateral heel raise
- 5. Step ups, progress 2" to 4" to 6", forward and lateral
- 6. Wall squats
- 7. Leg press
- 8. Balance board / BAPS
- 9. Treadmill
- 10. Stairmaster
- 11. Continue modalities prn

Phase Four (weeks 12+)

Goals = Return to full functional level

- 1. Begin unilateral heel raise
- 2. Hopping, jumping, bounding drills
- 3. Jogging begins
- 4. Sport / Functional training