



Rehabilitation Protocol

Achilles Tendon Repair

Weight Bearing Status - **NON-WEIGHT BEARING** in cast/splint for 4 weeks,
transition to boot with 1.5" Heel lift Weeks 4-6, wean into partial to full weightbearing at Week 6

Post-OP Week 1-4:

Goals:

Begin:

1. Minimize swelling and pain
2. Protect repair/remain non-weight bearing

Weeks 5-6:

Goals:

Begin:

1. Gradually restore ROM
2. Minimize pain and inflammation

Exercises:

1. Begin seated AROM dorsiflexion to neutral, plantar flexion (gravity), ROM circles

Weeks 7-9:

Exercises:

Begin:

1. Progress AROM dorsiflexion gradually
* NO passive stretching

Weeks 10-11:

Goals:

Begin:

1. Gradually restore ROM
2. Begin strengthening

Exercises:

1. Begin calf strengthening
2. Begin resisted plantar and dorsiflexion

Weeks 12-19:

Goals:

Begin:

1. Progress stretching and strengthening gradually
2. Enhance muscular strength and cardiovascular endurance

Exercises:

1. Begin toe raises
2. Begin stretching and strengthening program
3. Begin Elliptical

Weeks 20+:

Goals:

Begin:

1. Maximize muscular strength and endurance
2. Gradually prepare for return to sports

Exercises:

1. Begin weight training with slow progression

* Return to activity: Golf (4-5 months chipping/putting), Tennis - 6 months, Contact sports - 6 months (ALL per MD)

LOCATIONS

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