**Postoperative Protocol: Surgical Repair of Achilles Tendon**

POSTOPERATIVE REHABILITATION:

0-3 w Postoperative

* Splint or Cast; NWB x 3 w. Knee scooter recommended for mobility

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**CLINICAL Appointment**: (3-6 w) CAM walking boot with 2-4cm heel lift. REMOVE HEEL LIFTS GRADUALLY FROM 3-6 w. Initially, protected TDWB with crutches. Boot for sleeping. May remove boot for bathing and hygiene. **Graduated WBAT with therapist.**

**THERAPY**: (3-6 w)

* **Graduated WBAT with therapist.**
* Active range of motion 2 planes to neutral (DF/PF) 3 times daily x 30 repetitions, achieve neutral DF
* Inversion/eversion less than neutral position
* Modalities to control swelling
* Swelling protocol (massage, RICE)
* Active ROM of Toes – Towel Crunch/Marbles etc.
* NWB fitness/ cardiovascular exercises (i.e. bicycling with one leg)
* Hip and knee AROM with no ankle involvement (i.e. leg lifts from sitting, prone or side-lying)
* Hydrotherapy (within motion and WB limitation), if incisions completely healed

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**CLINICAL**: May WBAT. Remove boot during sleep. Wean boot over 3 w and progress to ASO brace

**THERAPY**: (6-9 w)

* Dorsiflexion stretching, slowly. Towel stretches
* Active range of motion and strength 4 planes (DF/PF/INV/EVE)
* Graduated resistance exercises (open and closed Kinetic chain as well as functional activities)
* Proprioceptive and gait training
* Fitness/ cardiovascular exercises to include WBAT (i.e. Swimming, stationary cycling, TM walking)
* Modalities as indicated (i.e. ice, heat, ultrasound, hydrotherapy)

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**CLINICAL**: 9-12 w – Wean from ASO brace over 3 w. Use assistive devices (crutches/cane) only as needed

**THERAPY**: (9-12 w)

* Modalities as needed • heat • joint mobilizations
* Gait training
* Continue to progress ROM, strength, balance and proprioceptive exercises
* Running allowed at 11th week

**THERAPY**: (> 12 w)

* High level balance/proprioceptive exercises
* Continue to progress ROM, strength
* Increase dynamic weight-bearing exercise, include plyometric training
* Sport specific retraining (i.e. lateral cutting and training exercises)
* Return to sport when therapy milestones are met