



REHABILITATION GUIDELINES FOR ACHILLES TENDON REPAIR

It is recommended that the patient cease smoking during the healing phase in order to promote healing of the injured tissues.

Stage 1(Day 1-4 weeks):

ROM: gravity equinus short leg cast
Strength: none
Weightbearing: non-weightbearing with crutches
Modalities: none
Sports: none

Stage 2(4 weeks-6 weeks)

ROM: less equinus short leg cast
Strength: none
Weightbearing: non-weightbearing with crutches
Modalities:none
Sports: none

Stage 3(6-10 weeks)

ROM: AROM=DF as tolerated; PF=as tolerated; Anterior molded orthoplast orthosis with 0-20 degrees of plantarflexion; may remold the orthosis to bring ankle to neutral DF/PF over the course of the four weeks. Start gentle PROM at post-op week 8
Strength: start mild PRE's at post-op week 8
Weightbearing: start at 25%, then progress weightbearing by 25% increments per week only with a fracture boot in place. If the ankle cannot achieve neutral DF/PF, then use a shoe with an elevated heal(cowboy boot)
Modalities: ultrasound prn(no phonophoresis/steroids).
Sports: none.

Stage 4(10-14 weeks)

ROM: increase PROM and AROM as tolerated. Slowly wean from fracture boot so that boot is d/c'ed by week 12
Strength: increase PRE's through FROM
Weightbearing: increase weightbearing while weaning from fracture boot
Modalities: as above
Sports: none

Stage 5(14-16 weeks):

ROM and Strength: continue as above

Weightbearing: wean from fracture boot

Modalities: as above

Sports: none

Stage 6(16 weeks and beyond):

ROM, Strength, Weightbearing: as above

Sports: progress through graduated running program such as “functional rehabilitation program”

Resume main sports if patient has obtained near full ROM and has obtained at least 80% of gastrosoleus strength as compared to the other extremity.