

Achilles Tendon Repair

Phase 1 (passive)

Weeks 0-2

Non-weight-bearing in post-op splint

Weeks 6-10

Splint removed and wound check performed in clinic

Non-weight-bearing in Aircast® boot

Heel lift = 2 cm

Start active dorsiflexion to neutral

Gravity plantar flexion while seated (maintain 90° degrees of knee flexion)

Modalities to control swelling

Non-weightbearing fitness/cardio work/upper body work

Week 6

Return to clinic for wound check

Aircast® boot

Heel lift = 1.5cm

Phase 2 (active)

Weeks 6-8

Begin protected weight-sharing with crutches

Active dorsiflexion to gradually increase beyond neutral

Active plantarflexion

Proprioception and gait training

Modalities as indicated

Hydrotherapy

Week 8

Aircast® boot

Heel lift = 1 cm

Weeks 8-10

Resisted plantar and dorsiflexion, calf strengthening

Continue range of motion and proprioception

Week 10

Begin to wean off boot, return to crutches/cane as necessary

Heel lift = 1 cm in regular supportive shoe

Achilles Tendon Repair (continued)

Phase 2 (active)–continued

Weeks 10-12

Toe raises

Stationary bike

Continue range of motion, strength, proprioception

Weeks 12-18

Discontinue heel lift in supportive shoe

Being elliptical training

Continue range of motion, strength, proprioception

Week 18

Begin return to run program

Week 20

Slow progression of weight training

Return to activities

Golf = 4-5 months

Tennis = 6 months

Contact sports = 6 months
