



# SIU MEDICINE

## ORTHOPEDICS

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### **POST-OPERATIVE ACHILLES TENDON REPAIR REHAB GUIDELINES**

#### **Diagnosis/Surgery:**

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**Frequency** – twice per week for 8-12 wks

#### **PHASE 0: IMMEDIATE POST-OP**

##### **Goals:**

1. Protect repair
2. Decrease swelling
3. Pain management

##### **Activity:**

1. Keep splint in place and keep clean/dry
2. Non weight bearing
3. Ice therapy, elevation
4. Active ROM of hip, knee, toes
5. Straight leg raises

#### **PHASE 1: WEEKS 1-3**

##### **Goals:**

1. Protect repair
2. Decrease pain
3. Minimize quad atrophy

##### **Activity:**

1. Cam walker with 1 inch heel lift
2. Crutches for partial weight bearing (PWB)
3. Continue appropriate previous exercises
4. Isometrics – no plantar flexion
5. Gentle active inversion, eversion, dorsiflexion to neutral only
6. Passive plantar flexion to tolerance sitting with leg in dependent position

7. Short arc quad
8. Ice and modalities to decrease pain and inflammation as needed

## **PHASE 2: WEEKS 3-4**

### **Goals:**

1. Protect repair
2. Decrease adhesions

### **Activity:**

1. Cam walker with ½ inch heel lift
2. Crutches for weight bearing as tolerated (WBAT)
3. Weight shifts
4. Scar massage and mobilization

## **PHASE 3: WEEKS 4-6**

### **Goals:**

1. Neutral dorsiflexion (0°)

### **Activity:**

1. Cam walker with ¼ inch heel lift
2. D/C crutches when gait is normal
3. Mini-squats, wall squats, total gym in cam walker
4. Stationary bike in cam walker with the heel on the pedal
5. Theraband in cam walker

## **PHASE 4: WEEKS 6-8**

### **Goals:**

1. 10° dorsiflexion
2. Normal gait

### **Activity:**

1. Taper out of cam walker at home, use for outside of home
2. Ankle AROM including plantar flexion
3. Light theraband – no plantar flexion
4. Stationary bike in cam walker with toes on the pedal
5. Pool therapy – aqua jogger in deep water

## **PHASE 5: WEEKS 8-12**

### **Goals:**

1. Symmetrical dorsiflexion
2. Walk 2 miles at 15 min/mile pace

### **Activity:**

1. Transition from cam walker to ankle brace
2. Theraband exercises – gradually increase resistance
3. Double leg heel raises
4. Leg press, knee extensions, hamstring curls, hip weight machines
5. Proprioception exercises
6. Treadmill – walking progression program
7. Pool therapy – chest/waist deep

**PHASE 6: 3-4 MONTHS**

**Goals:**

1. No calf atrophy
2. Run 2 miles at easy pace

**Activity:**

1. D/C brace
2. Single leg heel raises
3. Functional activities
4. Treadmill – running progression program
5. Elliptical, stair master

**PHASE 7: 4-6 MONTHS**

**Goals:**

1. Return to all activities
2. Contact sports at 6 months

**Activity:**

1. Transition to home/gym program
2. Running progression program
3. Agility drills, plyometrics
4. Sport specific training or work hardening as necessary

**Additional Instructions:**

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Elisabeth C. Robinson, MD

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Date