

Achilles Repair Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-4 weeks	No weight bearing	Splint and then CAM boot with heel lifts	None	<u>Elevate</u> – “Toes above the nose”
Phase 2 5-8 weeks	Advance 25% weekly and progress to full with normalized gait pattern	Cam boot with heel lifts 4 ½” wedges <i>Remove 1 wedge every 7 days until no wedges by 8 weeks</i> Wean from crutches	Gentle progression	Active dorsiflexion to neutral only No active plantar flexion Pain-free ankle isometrics: inversion, eversion, dorsiflexion and sub-max plantar flexion Open-chain hip and core strengthening in boot Gentle scar massage and cryotherapy
Phase 4 9-12 weeks	Full No high impact activity	Supportive athletic shoes with ankle brace	Active ROM between 15° and 50°	Active ankle eversion/inversion Passive dorsiflexion both with knee in extension and flexed to 35 - 400 until gentle stretch on Achilles Begin standing calf stretch at 5 weeks (knee flexed and extended) Continue eversion, inversion and plantar flexion isometrics with resistance bands Initiate balance exercises (double leg wide base → narrow base) Initiate stationary bike with minimal resistance Initiate pool exercise in total buoyancy with floatation device if wound is fully healed Hip and core strengtheningInitiate double leg toe raise and advance weight as tolerated Initiate functional movement (squat, steps ups, lunges in all planes) Advance balance training to wobble board and single leg activity Advance core work with hip, gluteal and core strengthening May advance to bike, elliptical, pool, chest level walking, stair master.

Phase 5 3-6 months	Full Avoid excessive activity related swelling and/or pain	None Normal shoes	Full	Progress double leg toe raises to body weight (1.5 times body weight athlete) Advance to single leg toe raises Running progression at 5 months Trampoline jogging to treadmill to outdoor running
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Phase 5 6-9 months	Full Avoid excessive activity related swelling and/or pain	None	Full	Progress running to sprinting Initiate agility: figure of 8 and cutting drills 6 months Jumping progression 6 - 7 months Sport/job specific training Full return to sport/strenuous work by 8 - 9 months
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Note: Early follow-up appointments are at 1, 4, and 6 weeks post-operatively. Additional follow-up appointments will be scheduled based on progression through rehabilitation.