

Achilles Repair Protocol

Phase I-- Weeks 0-4

1. WBAT in walking boot with wedges
 - a. Wedges can be removed as patient's PROM progresses, not to put tension on repair (if patient current PROM @ off 10 degrees, keep wedges at 20 degrees)
2. NO active or resisted plantarflexion
3. Modalities to control pain and swelling
4. Knee/hip exercises with no ankle involvement

Phase II-- Weeks 4-6

1. Continue to advance to full WB in walking boot
 - a. Expect to discharge wedges as ROM allows

Phase III-- Weeks 6-8

1. Consider weaning from boot, per MD follow up
2. Slow, gentle dorsiflexion stretching
3. Graduated resistance exercises
 - o OKC, CKC and functional
4. Proprioceptive and gait training
5. Incision mobilization
6. fitness /Cardiovascular training

Phase IV-- Weeks 8-12

1. Continue to progress ROM, Strength, proprioception
 - a. Avoid high impact/pivoting sports for 6 months post-op