
Achilles Repair Rehab Protocol

Formal rehabilitation typically begins four to six weeks post-operatively.

Weeks 0 to 4

Weight Bearing

- Non weight bearing with crutches/walker

Exercise

- No active plantarflexion
- Active dorsiflexion to neutral at two weeks and beyond
- Active inversion/eversion within patient tolerance two weeks and beyond

Weeks 4 to 8

Weight Bearing

- Gradual progression to full weight bearing in boot with heel lift by six to eight weeks

Range of Motion

- Continue active range of motion exercises:
 - Add active plantar flexion and dorsiflexion within patient tolerance at four to six weeks dependent on patient and physician approval
 - Toe curls with towel
 - Bicycle without resistance and in boot
 - Aquatic exercises (non weight bearing) when incision healed
 - Quad and hip strengthening exercises (straight leg raises four ways)

Weeks 8 to 10

Exercise

- May begin gentle dorsiflexion stretching (with towel)
Dr. Thieken will indicate if able to wean from boot earlier than 10 weeks

Weeks 10 to 12

Weight Bearing

- Gradual progression to shoe with full weight bearing by 12 to 14 weeks
(May keep small heel lift in shoe for one to two weeks initially)
- **No weight bearing gastroc stretching or weight bearing strengthening exercises**

Weeks 12 to 14

Exercise

- May begin gentle plantar flexion strengthening starting with Thera-Band

Weeks 14 to 16

Weight Bearing

- Progress to weight bearing strengthening exercises including heel raises

Exercise

- Standing calf stretch
- Bike with resistance in shoes
- Step-ups
- Mini-squats

Week 16 and Beyond

Exercise

- Treadmill walking if nearly normalized gait

Months 5 to 6

Functional Activities

- May resume running with Dr. Thieken's approval
- May resume golf

Months 6 to 8

Functional Activities

- May resume contact sports with Dr. Thieken's approval
- May resume tennis with Dr. Thieken's approval