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Achilles Repair Rehabilitation Protocol

Weight Bearing:

- Day 1-14: STRICT non-weight bearing on crutches.
- Day 14: Weight bearing as tolerated with crutches.
- Day 21: Weight bearing as tolerated without crutches.

Brace Use:

- Achilles boot placed on day 14 if skin is healthy – to be worn 24 hours a day until day 35, when boot can be removed for sleep.
- Achilles boot is slowly lowered removing 1 wedge at a time.
- Day 14: 4 wedges
- Day 21: 3 wedges
- Day 28: 2 wedges
- Day 37: 1 wedge
- Day 42: All wedges removed, foam pad placed.
- Day 49: Boot for school/work. Remove boot at home. Wear ½ in. heel lift in all shoes for 1 month.

PHASE 1 – Day 21 Post-op (limited visits, home exercise program):

- AROM and isometrics for inversion/eversion with ankle in plantar flexion (no dorsiflexion).
- Stationary bike okay with Achilles boot on.
- Anti-inflammatory modalities and scar tissue mobilization as needed.

PHASE 2 – Day 42 Post-op

- **DO NOT WORK ON DORSIFLEXION UNTIL WEEK 10**
- Gentle PRE as tolerated using theraband, BAPS and manual resistance.
- Proprioception: Stork Stand at 6 weeks with heel wedge if necessary. Ball toss/plyoback at 8 weeks.
- Agility/Endurance: Non-impact first week. Progress to low impact if pain-free.
- When single heel raise attained (week 9-10), begin lunges, aquatic, shuttle, euroglide, lateral shuffles/carioca.

PHASE 3: 12 Weeks Post-op

- Full ROM and weight bearing without limitations.
- Advance to progressive running, plyometric, and agility program when isokinetic testing 75% or able to do 25 single leg heel raises.
- Return to heavy work/sports at 6 months if no pain or swelling, 90% normal function.

**Developed in conjunction with Robert A. Hawkes, PT
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