

Achilles Repair Therapy Protocol

Phase I: 0-2 Weeks

Posterior slab/splint:

- Keep clean and dry

Weight-bearing:

- Non-weight-bearing with crutches

Phase II: 2-6 Weeks

Weight-bearing:

- Gradual increase to WBAT in CAM Walker boot with heel wedges in place
 - First wedge removed at 4 weeks
 - Second wedge removed at 6 weeks
- Discontinue crutches

Brace:

- CAM Walker Boot at all times except when showering and when working with PT

Range of motion (ROM):

- PROM/AAROM/AROM of ankle from full plantarflexion to neutral
 - NO DORSIFLEXION PAST NEUTRAL
- Inversion/Eversion below neutral
- Toe Flexion/Extension

Exercises:

- Seated heel raises
- Isometric dorsiflexion to neutral
- Resistance bands for plantarflexion/inversion/eversion
- Proprioception exercises – single leg stance with front support to avoid excessive dorsiflexion
- Soft tissue mobilization / scar massage / desensitization / edema control
- Modalities to control swelling
- Knee / hip exercises with no angle involvement

Phase III: 6-12 Weeks

Weight-bearing:

- Full weight bearing in CAM boot
- Transition to a sneaker from 6-8 weeks

Range of motion (ROM):

- PROM/AAROM/AROM – progressive dorsiflexion
 - 10° intervals: 10° dorsiflexion by week 8, 20° by week 10, 30° by week 12

Exercises:

- Standing heel raises
- Single-leg eccentric lowering
- Step-ups, side steps
- Proprioception exercises – balance board
- Graduated resistance exercises



Phase IV: 3-6 Months

- Progress strengthening, proprioception, and gait training
- Retrain strength, power, and endurance
- Begin light jogging at 12-14 weeks
- Increase dynamic weight-bearing exercises, including plyometric training
- Running/cutting may begin at 16 weeks
- Sport-specific retraining
- Return to sports at 5-6 months

