



# THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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## Achilles Repair Rehabilitation Protocol

Patient Name:

Date of Birth:

Date:

**\*\*The intent of this protocol is to provide guidelines for progression of rehabilitation. It is not intended to serve as a substitute for clinical decision making. Progression through each phase of rehabilitation is based on clinical criteria and time frames as appropriate. Immediate supervised physical therapy will help with pain and swelling reduction and provide you with the proper guidance to rehabilitate your injury and resume normal activity as quickly and safely as possible.**

- Non-weightbearing for 1 week with bulky dressing
- Wound check at 1 week then walking boot if wound is okay.
- No rehabilitation for 1 week
- 1 ½ inch heel lift in walking boot
- Drop to 1 inch heel lift after 4 weeks
- Crutches for 4 weeks, increase weight bearing after week 2

### Phase 1 - (Passive)

Week 1 Start active dorsiflexion to neutral, gravity plantar flexion while seated  
(maintain 90 degrees of knee flexion)

### Phase 2 - (Active)

Week 6 Active dorsiflexion, active plantar flexion  
Gradually increase dorsiflexion

### Phase 3 - (Resistance)

Week 8 Start calf strengthening  
Resisted plantar and dorsiflexion  
Cowboy boots or high heels for 4 weeks

Week 10 Toe raises

Week 12 Continue stretching and strengthening  
Regular shoes

### Weight Training

Week 20 Progress slowly

### Return to Activities

Golf 4-5 months  
Tennis 6 months  
Contact Sports 6 months

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