

Name \_\_\_\_\_

Therapist \_\_\_\_\_

Physician \_\_\_\_\_



**Patient  
Flow Sheet**

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## Post-Operative Achilles Tendon Repair Protocol

\*\*\*The below protocol is for both post-operative and non-operative management of mid-substance Achilles ruptures

### Phase 1 – Protective Early Motion Phase

\*\*\*Pts are required to wear boot while sleeping, may remove for bathing and dressing

\*\*\*Limit Ankle Dorsiflexion to neutral through Week 6

**Weeks 0-2** Splint and NWBing with crutches

**Weeks 2-4** Begin Protected WBing (50%) in boot with 3 block heel lift

Modalities to control swelling

Active ROM- DF to neutral, Inversion/Eversion allowed below neutral, PF as tolerated

Soft tissue/scar mobilization to eliminate adhesions

Initiate Hip/Core Exercises and NWBing cardio (ex-well leg cycling and/or deep water running)

Aquatic PT-deep water running, aquatic exercises maintaining motion and WBing restrictions

**Weeks 4-6** Progress to WBAT with progressive WBing protocol—inc by 25% WBing per week as tolerated

Continue protocol as above

**Criteria to Progress:** Minimal swelling, Minimal pain, DF ROM to neutral.

### Phase 2 – Gait and Endurance Phase

**Weeks 6-8** May gradually remove heel lifts, Emphasis on Gait Training w/ WBAT in boot

Continue Modalities and soft tissue/joint mobilization as indicated

Initiate gentle, slow DF stretching

Begin strengthening-isometrics all planes => theraband exercises/OKC =>CKC strengthening

Initiate Proprioceptive Ex (Rhythmic stab, BAPS etc OKC=>CKC)

Bike

**Weeks 8-12** Gait training-Wean out of boot into shoe (increase shoe wear time 1-2 hour per day as tolerated)

Regain full range of motion

Progressive CKC strengthening

Advance proprioceptive training in CKC (bilateral=>unilateral, static=>dynamic)

**Criteria to Progress:** Full AROM, Normalize gait, Good strength throughout, SL balance 30 sec

### Phase 3 – Advanced Strength and Proprioception

**Week 12-16** End ROM stretching

Progressive Proprioceptive Training-SL dynamic training

Progressive CKC strengthening –heel raises, lunges, squats

Run-Walk Program (as early as 10 weeks with normal gait and SL squat endurance 1:30)

**Criteria to Progress:** Excellent dynamic balance on uneven surfaces, Full LE strength, Demonstrates proper squat movement patterns, Symmetrical Y balance

### Phase 4 – Return to Sport

**Week 16+** Progressive Running Program

Sport cord training

Progressive Agility and Plyometric Training

**Criteria to Progress:** Pass sport cord test, Runs with normal gait, Demonstrates symmetry with functional hop tests

**Surgeon Comments:**