ACHILLES TENDON REPAIR (Dr. Rolf)
POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 10
• Brace/Splint – Watch for skin breakdown
• Crutches – non weight bearing (NWB)
• Active motion (AROM) hip and knee
• Wiggle toes
• Straight leg raise (SLR) x 4
• Lower extremity (LE) stretches – Hamstring, quads, ITB, hip flexors
• Ice and Elevation

GOALS
• Pain management
• Protection

Days 10 – 21
• D/C Splint and remove sutures (MD)
• Walking boot with heel lift (MD)
• Crutches – Partial weight bearing (PWB or per MD orders)
• Continue appropriate previous exercises
• Isometrics x 3 No Plantar flexion (PF)
• Gentle active DF, INV, EV
• Passive PF to tolerance – sit with leg in dependent position
• SLR x 4 with weight mid calf
• Short arc quad (SAQ)
• Upper body exercises as needed
• Ice and elevation as needed

GOAL
• Minimize quad atrophy

WEEKS 3 – 4
• Walking boot with decreased heel lift (MD)
• Crutches – weight bearing as tolerated (WBAT or per MD)
• Continue appropriate previous exercises
• Scar massage/mobilization with oil/cream
• Weight shifts

GOAL
• No adhesions

Weeks 4 – 6
• Walking boot with no heel lift (MD)
• Crutches – Full weight bearing (FWB), D/C when gait is WNL
• Continue appropriate previous exercises
• Isometrics x 4
• Towel crunches and side-to-side
• Mini-squats, Wall squats, Total gym in walking boot
• Stationary bike in walking boot with the heel on the pedal
GOAL
• Neutral DF (0 degrees)

Weeks 6 – 8
• Taper out of walking boot at home, but wear outside of home
• Continue appropriate previous exercises
• Ankle AROM including plantar flexion – Calf pumping, alphabet, rotations
• Light Theraband x 3 – **No plantar flexion**
• Seated BAPS
• Gentle towel stretch for DF
• Stationary bike in cam walker with toes on the pedal
• Pool therapy
GOALS
• 5 degrees DF
• Normal gait

Weeks 8 – 12
• Transition out of walking boot (ankle brace if ordered by MD)
• Continue appropriate previous exercises
• Theraband ex x 4 – Gradually increase resistance
• Leg press, knee ext, Hamstring curl, hip weight machines
• Forward, retro and lateral step downs
• Proprioception ex
  – Double leg BAPS
  – Progress to single leg BAPS, ball toss, body blade
• Pool therapy
• Treadmill – Walking progression program
GOALS
• Symmetrical DF
• Walk 2 miles with improved gait and pace

Months 3 – 4
• D/C brace
• Continue appropriate previous exercises
• Double leg heel raises (start with seated)
• Elliptical trainer (if able to walk without limp or pain)
GOALS
• Minimize calf atrophy

MONTHS 4 – 6
• Continue appropriate previous exercises
• Functional activities – Fitter, slide board, figure 8’s, gentle loops, large zigzags
• Treadmill – Running progression program (Per MD orders)
• Single leg heel raises (start with light toe press)
• Agility drills / Plyometrics
• Transition to home / gym program
GOAL
• Return to all activities