

## **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