

Rehabilitation Protocol For Achilles Tendon Repair

Weeks 0 through 3:

Treatment: Cast immobilization and nonweightbearing with crutches for mobility.

Weeks 3 through 6:

Treatment: Walking boot immobilization with a heel lift (1.5 cm); may begin toe-touch weightbearing with crutches for mobility.

Exercise program: Begin gentle nonpainful ankle range of motion exercises as described by the physician at the follow-up appointment.

Weeks 6 through 8:

Treatment: Begin to transition from walking boot immobilization to a shoe with a heel lift (1.5 cm): continue with toe-touch weightbearing and crutches for mobility.

Weeks 8 through 11:

Treatment: Shoe with a heel lift (1.5 cm) and may begin weightbearing as tolerated, using crutches as needed for another one to three weeks.

Exercise program: Visit to the physical therapist 2 to 3 times per week and home exercises daily as prescribed by the physical therapist.

- Exercise bike
- Ankle range of motion
- Ankle Thera-Band exercises
- Sitting heel raise
- Standing heel raise (two legs)
- Gait training
- Balance exercises
- Leg press
- Leg extension and leg curl exercises