



ACHILLES TENDON REPAIR

Rehab Protocol

	WEIGHT BEARING	WALKING BOOT	EXERCISES
0 - 2 Weeks	Non weight bearing at all times until first PO visit	Post op splint. NO weight-bearing	NONE
2 - 4 Weeks	Full with 2 heel wedges in boot	Worn at all times - removed for hygiene and exercises while seated	Active dorsiflexion, passive plantar flexion, ankle ROM
4 - 6 Weeks	Full with 1 heel wedge in boot	Worn at all times - removed for hygiene and exercises while seated	Active dorsiflexion, passive plantar flexion, ankle ROM
6 - 12 Weeks	Full weight bearing with no heel wedges.	May begin to wean boot as tolerated.	Begin PT for strengthening. Ok with BFR.
Week 12 - 6 Months	Full and pain free	None	ROM/stretching as needed Ensure good gait pattern SLB activities Ankle theraband Leg Press - bilateral Leg press toe raises (bilateral , progress to unilateral) Soft tissue and joint mobs Proprioception activities Progress to further activities as tolerated

