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Post Op Instructions: Achilles Tendon Repair

Phase I: Weeks 1-2

Goals

- Rest and recovery from surgery
- Control swelling and pain
- Gradual increase of ADL (activities of daily living)

Guidelines

- Will be in a boot. NWB (non weight bearing). However you can put foot down when standing
- Hip AROM: lying and standing
- Knee AROM: lying and standing
- Sutures removed at 10 -14 days

Phase II: Weeks 3-6

Goals

- Maintain hip and knee ROM
- Improve core, hip and knee strength
- Safe use of crutches

Guidelines

- Partial WB in walker boot: in PF position – remove one wedge every 3 weeks
- Shower when wound clear
- Massage of foot to decrease edema (light massage start from toes and work towards ankle)
- Control swelling with elevation

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Phase II: Weeks 3-6 (cont.)

- Core exercises:
 - Abdominal recruitment
 - Bridging on ball with feet lightly against wall
 - Ball reach
 - Arm pulleys or resisted theraband diagonals
- Toe flexion/extension
- Hip: AROM (active range of motion)
 - strength: clams, sidelifts, gluteus maximus, SLR (straight leg raise)
- Knee: AROM
 - strength: SLR, side lifts, prone leg lifts
 - theraband press – progress to leg press machine at 21 days
- Stretching: glut max, glut med, piriformis, hamstring gentle, rectus femoris
- Upper extremity exercises: progress as tolerated

Phase III: Weeks 7-10

Goals

- FWB in walker boot
- Increase core, hip, and knee Strength

Guidelines

- WB in walker boot: Wedges could be gone at 10 weeks
- Swelling control with elevation and modalities as required
- AROM at ankle: PF (plantar flexion), inversion/eversion, DF (dorsiflexion) to first point of resistance
 - Manual mobilization of foot as required
 - Gentle mobilization subtalar
 - Continue core, hip and knee strengthening (do exercises with brace on)
 - Try to control knee hyperextension (knee hyperextends to compensate for lack of DF at ankle)

Phase IV: Weeks 10-12

Goals

- Increase DF to allow boot to come off

Guidelines

- Usually out of boot at week 10-12
- Stationary bicycle: start to add tension
- Sitting: active PF exercises, DF to tolerance

Phase V: Weeks 13-16

Goals

- FWB, no swelling or pain
- Near 75% strength
- Good proprioception in single leg support

Phase V: Weeks 13-16 (cont.)

Guidelines

- Boot off
- Increase WB tolerance
- Theraband: inversion/eversion, DF
- ROM exercises:
 - Gentle calf stretches
 - Manual mobilization as required
- Calf press
- Leg press
- Proprioceptive exercises
 - Single leg support
 - Progress to wobble board, Sissel, fitter
- Gait retraining
- Swimming
- Stepper
- Eccentric drops
- Progress to advance dynamic drills 16 + weeks
 - hopping
 - skipping
 - progress to sport specific drills 16 + weeks

Phase VI: Week 16+

Goals

- Full lower extremity strength
- Maximum function

Guidelines

- Work or sport specific activity
- Work to control arch
- Emphasis on
 1. Proprioception: wobble board
 - Sissel
 - Fitter
 2. Strength training through range
- running

Phase VII: Weeks 26

- Return to competitive sport

Note: Risk of re-rupture if jumping down