



**Lisa Kaplin, DO**

## ACHILLES TENDON REPAIR REHAB PROTOCOL

### PHASE 1: Immediate Post op (0-3 weeks after surgery)

#### Rehabilitation goals:

- Protect the repair
- Maintain strength of hip, knee, and core
- Manage swelling
- Pain management

#### Weight bearing status:

- Non Weight bearing

#### Suggested exercises:

Strengthening while in boot  
Quad sets  
Straight leg raises  
Abdominal strengthening  
Clamshells  
Prone hip extensions  
Prone hamstring curls

#### Criteria to progress:

Decrease swelling  
Decrease pain  
Continue to protect repair

### PHASE II: Intermediate Post op (4-6 weeks after surgery)

#### Rehabilitation goals:

- Continue to protect repair
- Avoid over-elongation of the achilles
- Decrease pain
- Minimize swelling
- Improve scar mobility once incision is healed
- Restore ankle range of motion, limited on dorsiflexion
- Begin to normalize gait as much as possible

#### Precautions:

Walking: Week 4 begin PARTIAL PROGRESSIVE WEIGHT BEARING with use of assisted device and achilles boot.

Gradual progress weight bearing by 25% of body weight per week as tolerated until full WB is achieved without pain



**Lisa Kaplin, DO**

- Remove one wedge every 3-7 days in the walking boot