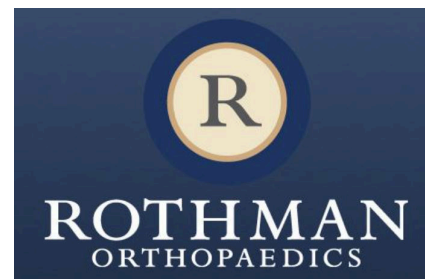


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### Achilles Repair Post Operative Physical Therapy Protocol

Patient Name: \_\_\_\_\_

Surgery: Right/Left Achilles Repair

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times/week      Duration: 1 2 3 4 5 6 Weeks

#### **0-2 WEEKS**

NWB with assistive device x 2 weeks  
Immobilization in splint

#### **2-6 weeks**

50 % WB with ROM walker boot  
Active dorsiflexion, passive plantarflexion, ankle ROM

#### **6-12 weeks**

FWB at 6 weeks if incision healed  
Begin PT at 6 weeks for strengthening  
Begin Active Plantar Flexion – begin with isometrics, progress to isotonic  
Wear CAM Walker Boot up to 8 weeks post-op. Can use high top shoe after CAM Walker

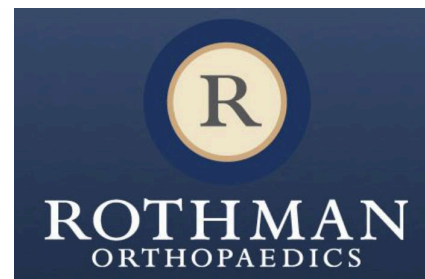
#### **12-16 weeks**

ROM/stretching Achilles as needed, other LE muscles  
Gait: Ensure good gait pattern: heel-toe gait, good heel strike and push-off, stance time equal left to right  
SLB activities (eyes open/closed, head nods, arm movement)  
Progress to multiple planes  
Ankle theraband  
Begin functional strengthening exercises  
Leg press - bilateral  
Leg press toes raises (bilateral, progress to unilateral)  
Progress to WB bilateral toe raises  
Proprioception activities – i.e. BAPS, balance board  
Hip and knee PRE's  
Soft tissue and joint mobs as needed  
Stairmaster, bike for cardio  
Ice as needed

#### **Criteria to progress:**

Good gait mechanics  
ROM equal to opposite side  
Controlled inflammation  
No pain  
Plantarflexor strength 4/5 (perform 10 partial to full toes raises)

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### **16-20 weeks**

Progress previous exercises: hip and knee PRE's  
Progress to WB unilateral heel raises  
Stairmaster  
Isokinetics for ankle (inv/ev, dors/pltf) – optional  
Begin jumping progression: leg press, min-tramp, ground)  
Functional rehab  
Forward dips multiple plane for balance  
Begin light plyos  
Criteria to progress: ROM equal to opposite side  
Perform 20 unilateral toes raises (full range, pain-free)  
Perform bilateral jumping in place 30 seconds each F/B, L/R with good technique

### **5-6 months post-op**

Progress previous exercises  
Progress jumping to hopping  
Begin jogging/running when hopping is performed with good technique  
Sport specific drills for appropriate patients

### **Criteria to discharge non-athletes:**

Good gait pattern  
ADL's without difficulty  
Gastroc/soleus 4+ - 5/5 strength

### **Criteria to discharge athletes:**

Good gait pattern  
Patient performs the following tests within 80% of the uninvolved leg:  
Hop for distance  
Single leg balance reach  
Isokinetic strength test  
Maintenance program should stress continued strength and endurance work at least 2-3 times per week

Comments:

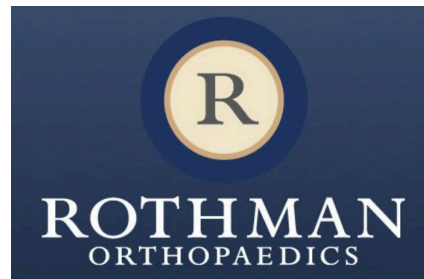
Functional Capacity Evaluation     Work Hardening/Work Conditioning     Teach HEP

Modalities

Electric Stimulation     Ultrasound     Iontophoresis     Phonophoresis     TENS     Heat before

Ice after     Trigger points massage     Therapist's discretion

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Signature \_\_\_\_\_ Date \_\_\_\_\_