



ADVANCED
ORTHOPAEDIC
SPECIALISTS

Achilles Repair Rehab Protocol

Phase	Weightbearing	Brace	Goals	Therapeutic Interventions
Phase 1 0-2 weeks	NWB	Splint	Decrease swelling and pain.	No ROM. Toe flexion only, heel slides, quad sets, hamstring stretch, standing hip EXT/ABD, hamstring curls, supine hip ABD, NO calf stretching
Phase 2 2-4 weeks	WBAT in boot with removable heel wedges	At 2 weeks begin tall walking boot; Remove 1 heel wedge each week until flat foot in boot	Working on PF AROM	PF ROM only, NO calf stretching, NO resistance/strengthening of ankle, Same exercises as phase 1
Phase 3 4-6 weeks	WBAT in boot		Achieve full PF, inversion and eversion AROM, DF AROM to neutral.	AROM and PROM to tolerance. Gradual strengthening in PF only. Ankle pumps, ankle alphabet, seated BAPS board, NO CALF STRETCHING (Dorsiflexion past neutral)
Phase 4 6-12 weeks	FWB: Wean out of boot after 6 weeks	Begin weaning boot and into supportive shoe	Advance strengthening	Full ROM, Ankle/Foot mobilizations as needed. Begin DF strengthening, advance aerobic activities, advance to resistive strengthening. 4-way ankle, standing balance activities, SLS, and heel raises; NO CALF STRETCHING (Dorsiflexion past neutral)
Phase 5 12-16 weeks	Begin jogging	None	Sport Specific Activities	Progress phase 4 interventions as tolerated; Begin calf stretching/dorsiflexion past neutral after 16 weeks post-op

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