



Achilles Tendon Repair

Week 1:

- Short leg splint in resting plantar flexion placed post-op, ambulate non-weight bearing (NWB)

Week 2: *Wound check 5-7 days post op*

- Place removable posterior splint, remove splint 4-5 times per day and move ankle passively as comfort allows through 10-20 degrees of both plantar flexion and dorsiflexion.
- Wear splint at all times other than exercise, ambulate NWB

Week 3-4: *Remove sutures 14 days post-op*

- Start partial weight bearing in walker boot with heel wedge to keep ankle in at least 10 degrees of plantar flexion.
- Continue passive range of motion (ROM) exercise slowly increasing passive ROM as tolerated, transition to full weight bearing by the end of the fourth week.

Week 5-6:

- Remove heel wedge to allow ankle to reach neutral during ambulation
- Continue passive ROM and start gentle active ROM
- Start gentle use of stationary bike (knee just less than full extension at bottom of stroke and low resistance). Ambulate full weight bearing in walking boot
- Use a cane for assistance during this time period, should have full ROM by the end of week 6.

Week 7-12:

- Start strengthening against resistance, start with isometric and then progress to isotonic, continue cycling and increase intensity
- Wean off walking boot
- Continue to use cane as needed for support
- Continue full ROM exercises

Week 12+:

- Aggressive strengthening including single limb toe raises, stair climbing machine, running in pool, advancing to normal jogging as pain and strength allow.
- Cybex testing at end of week 12
 - Goals: No more than 33% deficit at 60 deg/sec and 120 deg/sec
- Cybex testing at 6 months
 - Goals: No more than 3% deficit at 60 deg/sec and 120 deg/sec