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## **Rehabilitation Protocol**

### **Achilles Tendon Repair and Non-operative Protocol**

#### **Phase I**

2 weeks post op/post injury

- Start physical therapy
- Walking boot with heel lift insert – Weight bearing as tolerated
- Inversion/eversion exercises—iskinetics, tubing, manual resistance, etc.
- Active dorsiflexion exercises to increase ROM
- Passive dorsiflexion to neutral only
- Modalities as needed
- Warm whirlpool
- No resisted plantar flexion (active and passive plantar flexion motion ok)
- Talocrural joint mobs as needed

#### **Phase II**

6 weeks post op/post injury

- Remove walking boot - WBAT
- PRE's for gastroc/soleus strengthening as tolerated (prevent Achilles tendonitis)
- Work to increase full gastroc/soleus ROM
- Proprioception exercises—single leg stands, stable and unstable surfaces
- Normalize gait

#### **Phase III**

12-16 weeks post op/post injury

- Full ROM
- Normal gait
- Near full strength—able to stand on toes of affected side in full plantar flexion, or able to do 4x25 single foot heel raises
- Start jogging program if strength acceptable, no limp with gait, and ROM is full