

ACHILLES REPAIR PROTOCOL

POST OPERATIVE / NON-OPERATIVE

| | Time Frame (Weeks) | Activity |
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| PHASE I | 0-2 | WB Status: NWB Device: Splint or cast per MD orders ROM: No ROM |
| | 2-4 | WB Status: PWB/TTWB Device: Walking boot with heel lifts ROM: A/AROM all planes; DF to 0° with knee flexed to 90, PF to tolerance Manual Therapy: Gentle soft tissue mobilization (STM) to reduce edema Exercises: OKC proximal mm, core, UE PREs |
| PHASE II | 4-6 | WB Status: PWB to FWBAT; weaning off crutches Device: Walking boot with heel lifts ROM: Neutral DF, A/PROM to tolerance Manual Therapy: Gentle STM to surrounding mm, and to reduce edema Midfoot, forefoot, and first ray mobilization Strength: Inversion, eversion, and DF isometrics; Foot intrinsic activation Exercises: Continue OKC proximal PREs Stationary bike with boot |
| | 6-8 | WB Status: FWBAT Device: Peel one heel lift every 3-4 days, wean from boot at 8 weeks ROM: A/AROM to tolerance, No passive stretching or CKC DF past neutral until 8 weeks Manual Therapy: Early scar mobilization, progressive STM Continue joint mobilization, include TCJ as appropriate Strength: Theraband all planes (light resistance PF), seated heel raises Exercises: Initiate CKC LE strength– bilateral and unilateral squat progressions Proprioception /gait training– normalize gait mechanics Stationary bike in shoe Initiate walking program once weaned from boot |
| PHASE III | 8-12 | WB Status: Normalize gait FWB in shoe, single heel lift as needed ROM: As tolerated all planes, emphasize functional CKC DF Manual Therapy: Continue STM, and scar mobilization as needed Strength: Pain free ankle isotonic, PREs, heel raises progressing bilateral to unilateral Exercises: Progress CKC strength and proprioceptive training Non impact cardio- bike with increased resistance, elliptical, row ergometer, swimming/pool work Continue walking program (treadmill progressing to outdoor) |
| | 12-18 | Strength: Progressive OKC/CKC PREs as tolerated, emphasize PF eccentrics and end range PF strength Exercises: Progress CKC strength and proprioception Low impact/amplitude plyometrics once 15-20 SL HR Alter-G/pool running progressions (50-75% BW) Walk jog program at 16 weeks as functionally appropriate |
| PHASE IV | 18-24+ | Strength: Advanced strength and proprioception Exercises: Linear running, jumping, and plyometric progressions Submaximal sport specific progressions– cutting, pivoting, change of direction, Acceleration/deceleration RTS: RTS Testing Functional Movement Screening High impact and advanced sport progressions 6 mo + when functionally appropriate and cleared by MD/PT Anticipate full return to sport 8-12 months |