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## ACHILLES REPAIR PROTOCOL

### POST OPERATIVE / NON-OPERATIVE

	Time Frame (Weeks)	Activity
<b>PHASE I</b>	0-2	<b>WB Status:</b> NWB <b>Device:</b> Splint or cast per MD orders <b>ROM:</b> No ROM
	2-4	<b>WB Status:</b> PWB/TTWB <b>Device:</b> Walking boot with heel lifts <b>ROM:</b> A/AROM all planes; DF to 0° with knee flexed to 90, PF to tolerance <b>Manual Therapy:</b> Gentle soft tissue mobilization (STM) to reduce edema <b>Exercises:</b> OKC proximal mm, core, UE PREs
<b>PHASE II</b>	4-6	<b>WB Status:</b> PWB to FWBAT; weaning off crutches <b>Device:</b> Walking boot with heel lifts <b>ROM:</b> Neutral DF, A/PROM to tolerance <b>Manual Therapy:</b> Gentle STM to surrounding mm, and to reduce edema Midfoot, forefoot, and first ray mobilization <b>Strength:</b> Inversion, eversion, and DF isometrics; Foot intrinsic activation <b>Exercises:</b> Continue OKC proximal PREs Stationary bike with boot
	6-8	<b>WB Status:</b> FWBAT <b>Device:</b> Peel one heel lift every 3-4 days, wean from boot at 8 weeks <b>ROM:</b> A/AROM to tolerance, <b>No passive stretching or CKC DF past neutral until 8 weeks</b> <b>Manual Therapy:</b> Early scar mobilization, progressive STM Continue joint mobilization, include TCJ as appropriate <b>Strength:</b> Theraband all planes (light resistance PF), seated heel raises <b>Exercises:</b> 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
<b>PHASE III</b>	8-12	<b>WB Status:</b> Normalize gait FWB in shoe, single heel lift as needed <b>ROM:</b> As tolerated all planes, emphasize functional CKC DF <b>Manual Therapy:</b> Continue STM, and scar mobilization as needed <b>Strength:</b> Pain free ankle isotonic, PREs, heel raises progressing bilateral to unilateral <b>Exercises:</b> 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	<b>Strength:</b> Progressive OKC/CKC PREs as tolerated, emphasize PF eccentrics and end range PF strength <b>Exercises:</b> 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
<b>PHASE IV</b>	18-24+	<b>Strength:</b> Advanced strength and proprioception <b>Exercises:</b> Linear running, jumping, and plyometric progressions Submaximal sport specific progressions– cutting, pivoting, change of direction, Acceleration/deceleration <b>RTS:</b> 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