



Inland Orthopaedic Surgery & Sports Medicine

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Achilles Tendon Repair Rehabilitation Guidelines

PHASE 1: Immediate Post-operative Phase

(Approximate time frame: Surgery to 8 weeks)

Weight Bearing Status:

0-2 weeks – NWB with crutches (beginning the day of surgery)

2-4 weeks – Partial WB

4 weeks – Full WB

Brace:

0-2 weeks – At all times

2-4 weeks – Locked in 20° of plantar flexion at all times except for hygiene

4-8 weeks – Worn during WB activities

Cryotherapy: Cold with compression/elevation

- First 24 hours or until acute inflammation is controlled; every hour for 15 minutes
- After acute inflammation is controlled; 3 times a day for 15 minutes
- Crushed ice in the clinic (post-acute stage until D/C)

EXERCISE SUGGESTIONS:

ROM

0-2 weeks – NO PT or ROM

2-6 weeks – limit active dorsiflexion to neutral with knee flexed at 90°

6-8 weeks – ROM to tolerance

Therapeutic Exercise

0-2 weeks

- NO PT or ROM

2-8 weeks

- inversion/eversion ROM
- stationary bike with brace on
- knee/hip strengthening
- joint mobilizations
- NO passive heel cord stretching

Cardiopulmonary

- UBE or similar exercise is recommended

PHASE 2

(Approximate timeframe: weeks 8 to 12)

Crutch Use:

As tolerated, discontinue when gait is normalized

EXERCISE SUGGESTIONS:

ROM

Gain full and pain free ROM

Therapeutic Exercise

- Begin light dorsi/plantarflexion RROM with knee flexed
- Inversion/eversion isometrics
- Continue bicycle
- knee/hip strengthening

PHASE 3

(Approximate timeframe: weeks 12 through 5 months)

EXERCISE SUGGESTIONS:

ROM

Full and pain free ROM

Therapeutic Exercise

- Aggressive dorsi/plantarflexion RROM with emphasis on plantar eccentrics
- Begin Inversion/eversion isotonic
- Continue bicycle
- knee/hip strengthening