

**Achilles Tendon Repair**  
**ACCELERATED REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<i>PHASE I</i> 0-4 weeks	0-2 weeks: Non-weight bearing with foot in plantarflexion  2-4 weeks: Protected weight bearing with crutches	Splint On at all times during day and while sleeping  Transition to CAM boot at 2 weeks with 2cm heel lifts; CAM boot at all times for 4 weeks	At 2 weeks: Active plantar flexion and dorsiflexion to neutral, inversion/eversion below neutral  *Boot must be keep on while sleeping. May remove for bathing and dressing but adhere to weight bearing restrictions	quad sets, SLR in brace, Progress non-weight bearing flexibility Continue hip and glutes work  Continue quad/hamstring sets, and SLR  Non-weight bearing fitness/cardiovascular exercises; e.g. bicycling with one leg
<i>PHASE II</i> 4-6 weeks	Transition to Weight bearing as tolerated with heel lifts in place	4-6 weeks: Boot at all times during day and while sleeping; may come out for hygiene and to work with physical therapy	Active plantar flexion and dorsiflexion to neutral, inversion/eversion below neutral	Progress weight bearing flexibility Continue hip and glutes work Continue quad/hamstring sets, and SLR  Advance closed chain quads, progress balance, core/pelvic and stability work Advance SLR, floor-based exercises, hip/core
<i>PHASE III</i> 6-8 weeks	At week 6, begin to remove heel lift- 1 layer per week.  Weight bearing as tolerated	*Boot must be keep on while sleeping. May remove for bathing and dressing	Dorsiflexion stretching past neutral slowly	Advance closed chain quads, progress balance, core/pelvic and stability work Advance SLR, floor-based exercises, hip/core

				<p>Proprioceptive and Gait retraining;</p> <p>Progress flexibility and strengthening, progression of functional balance, core, Glutes/hams program</p>
<p><i>PHASE IV</i> 8-12 wks</p>	<p>Weight bearing as tolerated</p>	<p>Wean boot</p>	<p>Continue to progress range of motion strength, proprioception</p>	<p>Dynamic and static balance Glutes/ pelvic stability/core + closed-chain quad program and HEP independent</p> <p>Continue gait retraining</p> <p>At 12 weeks: Sport-specific re-training</p>