

Achilles Tendon Repair Rehabilitation Protocol- Dr Bokshan

(SpeedBridge™ surgical technique)*

Phase 1 (0-4 weeks)

- PT EVAL 3-5 days post op
 - Remove surgical bandages and cover incisions with gauze + Tegaderm- OK to shower when covered
 - Exception: do not remove Aquacel bandages
- Weight Bearing
 - Weight bearing as tolerated (WBAT) in CAM boot with heel lift and assistive device
 - *Unless otherwise stated in Op Note*
 - Boot to be worn for sleeping, remove for bathing and exercises
- ROM & Exercises
 - Active plantarflexion and dorsiflexion to neutral (2 weeks)
 - Avoid early overstretch
 - Active inversion and eversion
 - Gait with CAM boot and assistive device
 - Open kinetic chain (OKC), proximal flexibility and strengthening
 - Arch lifting and foot intrinsic exercises
 - Ankle alphabet (avoid overpressure past neutral)

Phase 2 (4-6 weeks)

- Weight Bearing
 - WBAT in boot and heel lift
 - *Check MD note for release from boot*
 - Ween from assistive device with proper gait form and without pain
 - Continue CAM boot while sleeping, remove for bathing and exercises
- ROM & Exercises
 - OKC AROM without increased pain
 - Progress flexibility in Closed kinetic chain (CKC)
 - Progress proximal strengthening and flexibility
 - BAPS board
 - Seated heel raise with progressive weight
 - Basic balance and

Phase 3 (6-8 weeks)

- Weight Bearing
 - Remove 1 layer of heel lift per week
 - Remain in CAM boot

*Reference Op Note for specific procedure

- *Unless otherwise noted by MD*
- ROM & Exercises
 - Dorsiflexion past neutral
 - Progress proximal strengthening and flexibility
 - CKC proprioception as allowed by available ROM and low pain levels
 - Week 6: Initiate calf raise progression on shuttle:
 - Double press -> single leg lower
 - Starting position: neutral ankle dorsiflexion

Phase 4 (8-12 weeks)

- Weight Bearing
 - Wean from CAM boot
 - *Unless otherwise noted by MD*
- ROM & Exercises
 - CKC quad and glute program
 - Gait retraining
 - Week 8: Standing heel raise as tolerated
 - With speed bridge may be able to initiate earlier
 - Double to single
 - Week 12
 - Initiate plyometric progression
 - Step hop and holds
 - Return to Sport Battery www.conehealth.com/orthocare/resources/#rehab
- Return to running / sports specific training
 - 25 single leg heel raises within 20% height of uninvolved limb
 - 80% of strength on uninvolved limb with
 - Good single leg stability with step down