

Physical Therapy Protocol Achilles Tendon Repair

Week 0-2 – Protection phase

- No weight bearing in the splint
- Keep splint on at all times
- Quad activation, straight leg raise, toe taps
- No ankle range of motion

Week 2-6 – Early loading phase

- Full weight bearing in CAM walking boot with heel wedges, crutches as needed
 - Begin with 3 wedges
 - Remove one wedge at the start of week 3
 - Remove second wedge at the start of week 4
 - Remove final wedge at the start of week 6
- **Passive dorsiflexion to minimal stretch only – no aggressive stretching**
- **Full Passive plantarflexion**
- Quad activation, straight leg raise, toe taps
- Goal for passive dorsiflexion to 0 with knee extended and without pain at 6 weeks

Week 6-12 – Strengthening phase

- Begin weaning out of CAM boot
 - Use heel lifts in regular shoes until able to ambulate pain free with normal mechanics
 - Goal to be out of boot and no wedges by 8 weeks
- **Passive dorsiflexion to minimal stretch only – no aggressive stretching**
- **Active and Passive plantarflexion as tolerated**
- Begin light strengthening
 - Seated heel raises progressing to standing heel raises. Starting position neutral ankle (not dorsiflexed)
 - Recumbent bike

Week 12-24 – Return to sport

- Continue strengthening program
- Criteria to return to jogging/jumping:
 - Normal gait
 - 25 single leg heel raises without pain
 - Passive and active ankle ROM within 95% of contralateral