

Ronak M. Patel, MD

Achilles Tendon Repair
Rehabilitation Guidelines

POD (post op day):

1-10: Keep posterior splint on, keep dry, elevate, NWB with crutches

11-21: CAM walker with 1" heel lift at all times (including sleep) except washing, NWB with crutches.

Week 3-6: As above, NWB with crutches. Begin PT: gentle PROM, limit dorsiflexion to 0 degrees.

Week 7-8: Decrease heel lift to 1/2", begin weight bearing in CAM walker. PT: PROM/AROM, limit dorsiflexion to 10 degrees, NO resistance exercises.

Week 8-12: Discontinue CAM walker. Ankle brace (Aircast A60, sport or stir-up), 1/2" heel lift in shoe until week 10, then 1/4" heel lift. PT: cont ROM exercises, start resistance exercise.

Week 12-16: Discontinue heel lift. PT: increase resistance exercise, elliptical

Week 16: Jogging, agility exercises