

Jay F. Deimel, MD

**ORTHOPAEDIC SURGERY
SPORTS MEDICINE**

ACHILLES TENDON REPAIR

POST OPERATIVE PHYSICAL THERAPY PROTOCOL

Brace:

Week 0-2: Post-op splint (keep dry)

Week 3-8: CAM walker boot **at all times** except PT/washing (week 3: discontinue CAM during sleep; week 7: reduce heel lift from 1 to ½ in)

Weight Bearing:

Week 0-6: NWB (non-weight bearing) with crutches

Week 7-8: WBAT (weight bearing as tolerated) in CAM walker, discontinue crutches

After wk 8: Full weight bearing, transition from CAM walker to lace-up ankle brace

ROM:

Week 0-2: No ROM (in post-op splint)

Week 3-6: gentle PROM (passive range of motion), limit dorsiflexion to 0 deg

Week 7-8: PROM/AROM, limit dorsiflexion to 10 deg

Week 8-12: progress ROM as tolerated (½” heel lift in shoe until week 10, then ¼”)

Week 12: discontinue heel lift

Exercise:

Week 0-8: NO resistance exercises, foot (towel) exercise, ankle exercises (see ROM restr.)

Week 8-12: start resistance training, stationary bike

Week 12-16: start elliptical, increase resistance

After wk 16: start jogging progression, agility training

Return to sport:

Goal 6 months postop in accordance with proper progress with physical therapy

***Please direct questions to Dr. Deimel and his team at 814-454-2401.**