

### Dr. Mariash Achilles Tendon Repair Protocol

Time Frame	Treatment	Goals
Weeks 0-2	<p>NWB x 2 weeks, brace/splint worn at all times until removed by MD, elevate when resting</p> <p>HEP: Toe curls, toe spreading, and gentle foot motion as able in the splint, prone knee flexion, knee extension stretch, standing hip strengthening in NWB, quad set, SLR, clamshells</p>	<p>Control inflammation and swelling -rest/elevation. Gradual increase of ADL's. Leg strengthening exercises.</p>
Weeks 2-5	<ul style="list-style-type: none"> <li>- Transition to CAM walker (30 degrees elevated), WBAT ONLY IN CAM</li> <li>- Gait training with crutches</li> <li>- Heel lifts (removed starting at week 4)</li> <li>- Remove 1 single heel lift per week with guidance of surgeon/PT</li> <li>- Continue hip/knee HEP from days 1</li> <li>- HEP: (Weeks 2-4) Begin ankle ROM (PROM PF/Inversion/eversion below neutral, AROM PF, DF to neutral</li> <li>- (Weeks 4-6) add <b>gentle</b> active DF to <b>gently</b> stretch Achilles</li> <li>- Progress core strengthening, stationary bike in CAM</li> </ul>	<p>Manage pain control and swelling. Maintain hip and knee ROM. Improve core, hip, and knee strength. Crutch use to FWB in CAM. Slowly increase DF to neutral.</p>
Weeks 5-7	<ul style="list-style-type: none"> <li>- CAM boot 30 to 15 degrees</li> <li>- Yellow Thera-Band gastroc and soleus strengthening</li> </ul>	
Weeks 7-9	<ul style="list-style-type: none"> <li>- CAM boot 0 to 30 degrees with flat wedge and FWB during week 7</li> <li>- CAM boot unelevated and FWB during week 8</li> <li>- Out of the CAM boot by week 9 and FWB in normal shoe gear</li> <li>- Emphasize normal gait throughout</li> </ul> <p>Exercises: TB strength x 4, DL calf raise to SL eccentric calf raise, balance and proprioception, progressed strengthening, stationary bike, pool therapy/gait training Goal is full PROM by weeks 8-12</p>	<p>FWB in CAM Walker and weaning out of CAM Walker by 9 weeks post-op. Increase core, knee, and hip strength. Increase ankle DF. Early strengthening of calf muscles.</p>

Weeks 10-16	<ul style="list-style-type: none"><li>- Sport specific training</li><li>- Progression of weight bearing strengthening, proprioception, and balance training</li><li>- Begin pain-free plyometrics and jogging at 14 weeks (if strength is appropriate)</li><li>- MD clearance for return to sport</li><li>- Hop testing/functional return to sport testing</li></ul>	FWB with no pain/normal gait. Strength 4+/5 Achilles. Good single-leg balance. Full lower extremity strength.
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