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ACHILLES TENDON REPAIR

Phase I (Weeks 0-2)

Weightbearing: Non-weightbearing using crutches

Brace: Patient in plantarflexion splint

No Formal PT

Phase II (Weeks 2-6)

Weightbearing: As tolerated in CAM Walker Boot with Heel Wedges in place (first wedge removed at 4 weeks, second wedge removed at 6 weeks)-- discontinue crutch use

Brace: CAM Walker Boot at all times except showering and when working with PT

Range of Motion – PROM/AROM/AAROM of the ankle from full plantarflexion to neutral (NO DORSIFLEXION PAST NEUTRAL), Inversion/Eversion, Toe Flexion/Extension

Therapeutic Exercises

- Seated heel raises
- Isometric dorsiflexion to neutral
- Resistance bands for plantarflexion/inversion/eversion
- Proprioception exercises – single leg stance with front support to avoid excessive dorsiflexion
- Soft tissue mobilization/scar massage/densensitization/edema control

Phase III (Weeks 6-12)

Weightbearing: Full weightbearing in sneaker

Range of Motion – PROM/AROM/AAROM of the ankle – progressive dorsiflexion – 10° intervals (10° of dorsiflexion by post-op week 8, 20° by week 10, 30° by week 12)

Therapeutic Exercises

- Standing heel raises
- Single leg eccentric lowering
- Step-ups, side steps
- Proprioception exercises – balance board

Phase IV (Months 3-6)

- Progress with strengthening, proprioception and gait training activities
- Begin light jogging at 12-14 weeks
- Running/cutting at 16 weeks
- **Return to sports at 5- 6 months**