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Achilles Tendon Repair Post-Op Rehab Protocol

POST OPERATIVE MANAGEMENT

Posterior Splint for 14 days

NWB with crutches

WEEKS 2-6

- NWB weightbearing ambulation with crutches in walking boot. May remove boot for ROM exercise.
- Active inversion and eversion ROM
- Active dorsiflexion to neutral; passive plantar flexion
- Stationary cycling with minimal resistance (anterior foot placement)

WEEKS 6-12

- Progress to FWB in walking boot
- Discontinue walking boot 2 weeks after FWB
- Use heel cups for 2 weeks after discontinue walking boot
- Progressive resistance Theraband ankle strengthening exercises
- Intrinsic foot muscle strengthening exercises
- Single Leg standing balance activities
- Active bilateral heel raises
- Initiate passive heel cord stretching
- Bilateral to unilateral standing, heel raise exercises
- Stationary cycling with progressive resistance (standard foot placement)
- Progressive depth (30° to 90° knee flexion) flat-footed mini-squats
- Progressive retrograde treadmill ambulation
- "Flat-Footed" single leg balance
- BAPs "Level 1-2-3" (seated PWB progressed to FWB standing)
- "On-Toes" standing balance/proprioception activities on mini-trampoline
- Progressive duration/velocity Stairmaster ambulation
- Lateral sliding board maneuvers

3-6 MONTHS

- Stationary jogging and jumping on mini-trampoline
- Straight ahead jog-to-run progression on a level surface
- Progressive acuity cutting agility maneuvers
- Large-to-small Figure of 8 agility maneuvers
- Sport/Position specific functional activities
- Running and agility maneuvers on progressive incline/decline surfaces
- Discharged to normal activities when cleared by doctor