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## **Achilles Tendon Repair Post-Op Rehab Protocol**

### **Post Operative Management**

Posterior mold splint for approx. 14 days

NWB with crutches or scooter

### **Weeks 2-6**

- Transition to walking boot with 3 heel wedges
- WBAT in boot only, use crutches and scooter as needed
- Active dorsiflexion to neutral
- Passive plantarflexion, no active plantarflexion
- Remove 1 heel wedge every 1 to 1.5 weeks to neutral position at 6 weeks

### **Weeks 6-12**

- Transition to full weight bearing, no wedges in boot, gradually weaning from boot to regular shoes
- Discontinue boot at latest, 8 weeks
- OK for BFR
- Increase to full ankle range of motion
- Single leg balance exercises
- Progress to active bilateral heel raises
- Initiate heel cord stretching
- Stationary cycling as tolerated
- Progressive depth flat footed mini-squats
- Proprioception
- Lateral sliding board maneuvers
- Progressive resistance with theraband ankle strengthening exercises, no weights

### **Months 3-6**

- Transition to gym program/HEP
- OK to advance resistance strengthening, OK for BFR
- Stationary jogging and jumping on mini-trampoline
- Straight ahead jog to run progression
- Progressive cutting/agility maneuvers
- Closer to 6 months, transition to sport specific activities