ACHILLES REPAIR ACCELERATED REHAB PROTOCOL

**FREQUENCY:** 1-2x/week- dependent on patient compliance

**DURATION:** 4-6 months

**WEIGHTBEARING STATUS:**  
- Cast x 2 weeks NWB with B axillary crutches  
- WBAT in walking boot in 30 degrees plantarflexion x 3 weeks  
- WBAT wean to shoe (with heel lift if needed) by 6 weeks post-op

**ROM PRECAUTIONS:**  
- No ROM x 2 weeks (immobilized in cast)  
- 0 degrees DF-30 degrees PF weeks 3-6 (no overpressure with dorsiflexion)  
- No restriction after week 6- okay for static calf stretching

**STRENGTHENING:**  
- Week 2: isometric inversion/eversion; foot intrinsics with towel; open chain hip and knee strengthening with boot on  
- Week 3: begin yellow 4 way ankle theraband  
- Weeks 4-6: progress to green 4 way theraband, BAPS board in sitting, add static calf stretch at week 6  
- Weeks 6-12: progress resistance with theraband, DL calf raises at six weeks→SL calf raises at 12 weeks, add balance/propioreceptive exercises

**WEEKS 1-2:**

- WB STATUS: casted/immobilized for healing, edema and pain control

**WEEK 2/TREATMENT #1:**

- WB STATUS: WBAT in walking boot  
- ROM: DF: 0 degrees PF: 30 degrees  
- THEREX: stationary bike in boot, hip strengthening/SLR in boot, ankle AROM within ROM limits, towel crunches
MANUAL THERAPY: gentle STM, effleurage
MODALITIES: Gameready, high compression

WEEK 3/TREATMENT #2
WB STATUS: WBAT in walking boot
ROM: DF: 0 degrees, PF: 30 degrees
THEREX: continue previous and add ½ foam roller PF/ DF, INV/EV; submax manual isometrics INV/EV
MANUAL THERAPY: gentle STM, effleurage
MODALITIES: Gameready, high compression

WEEK 4/TREATMENT #3
WB STATUS: WBAT in walking boot
ROM: DF: 0 degrees, PF: 30 degrees
THEREX: continue previous exercises
MANUAL THERAPY: begin gentle scar mobilizations parallel to incision (if closed)
MODALITIES: Gameready, high compression

WEEK 5/TREATMENT #4
WB STATUS: wean from boot; use SPC with WB in shoe and small heel lift if needed
ROM: AROM to tolerance- avoid overpressure with DF; (DF: 5 degrees, PF: 45 degrees)
THEREX: continue previous exercises; add BAPS board all planes, ankle theraband, weightshifting; gait training with SPC
MANUAL THERAPY: continue scar mobilization

WEEK 6/TREATMENT #5
WB STATUS: shoe with small lift; boot for community distances
ROM: unrestricted (DF: 8 degrees, PF: 45 degrees)
THEREX: continue previous exercises; add airex DL stance, rockerboard DL, seated calf raises; gentle standing calf stretch; gait training/cone step-overs in shoe without assistive device
AQUATIC THERAPY: DL calf raises, SLB, rocking

MANUAL THERAPY: continue scar mobilization; talar mobs and gentle DF stretch as needed

WEEK 7/TREATMENT #6

WB STATUS: boot discharged other than with golfing, long distances

ROM: unrestricted (DF: 10 degrees, PF: 60 degrees)

THEREX: continue previous exercises; DL calf raises x 10 reps; add sidestepping and grapevine walks, SLB on stable surface, mini-squats, step-ups

AQUATIC THERAPY:

MANUAL THERAPY: continue scar mobilization; used Hawkgrips IASTM technique; talar mobs as needed

WEEK 8/TREATMENT #7

WB STATUS: boot discharged

ROM: unrestricted (DF: 10 degrees, PF: 65 degrees)

THEREX: continue previous exercises; DL calf raises x 20 reps; progressed SLB to airex, lateral step-ups

AQUATIC THERAPY: eccentric calf raise to tolerance

MANUAL THERAPY: continue scar mobilization with Hawkgrips; talar mobs as needed

WEEK 9/TREATMENT #8

WB STATUS: boot discharged

ROM: unrestricted

THEREX: continue previous exercises; DL calf raises x30 reps; add UE movement to SLB on unstable surface

AQUATIC THERAPY: added U calf raises

MANUAL THERAPY: continue scar mobilization; talar mobs as needed

WEEK 10/TREATMENT #9

WB STATUS: boot discharged

ROM: unrestricted
THEREX: add standing calf eccentric on flat ground x 10 reps;

AQUATIC THERAPY: add U calf raise and jumping jacks/rocking horse/DL wall push-offs/light plyos

MANUAL THERAPY: continue scar mobilization and talar mobs as needed; manually resisted PNF patterns in ankle to fatigue

WEEKS 10-16

Progress LE strengthening- eccentric calf raises on LP

Begin SL calf raises at 12 weeks

Begin jump program in pool x 6 weeks (see attached plyometric program), then progress to land x 6 weeks

Progress agility drills, plyometrics, perfect jumping and landing mechanics

Functional Hop Test for return to sport (around 6 months)