



Ronald Paik, MD
Nirschl Orthopaedic Center
1715 N. George Mason Dr., Suite 504
Arlington, VA 22205
(703) 525-2200

REHAB PROTOCOL – ACHILLES REPAIR

➤ **Phase I (Weeks 0-2) Goal: Healing**

Movement/Weightbearing: Do NOT place any weight on your operative leg. Use crutches for support. For the 1st week, you will be in a soft cast/splint. Do not remove it. It will be removed at your 1st post operative visit when you will be transitioned into a removable boot. Once in the removable boot, treat this like a cast. You may remove it for hygiene purposes only.

Bathing: You may shower but keep the dressings and incision dry.

➤ **Phase II (Weeks 3-6) Goal: Progressive weightbearing**

Movement/Weightbearing: 25-50% Partial weightbearing with crutches in the removable boot (Weeks 3-4). Progress to full weightbearing as tolerated with crutches in the removable boot (Weeks 5-6).

Physical Therapy: **AVOID** passive heel cord stretching. Unloaded active dorsiflexion/plantarflexion. Minimal resistance stationary cycling (anterior foot placement so heel is on pedal). Progressive resistance Theraband ankle exercises. Intrinsic foot muscle strengthening exercises. Heel-toe ambulation. Flat-footed standing balance/proprioception activities on a mini-trampoline. Seated “Level 1” biomechanical ankle platform system (BAPS). Gradually progress BAPS to “Levels 2 & 3” (progressive seated PWB during weeks 3-4 to standing FWB during weeks 5-6).

➤ **Phase III (Weeks 7-12) Goal: Range of motion and return of function**

Movement/Weightbearing: Gradually wean from removable boot over two weeks.

Physical Therapy: Single leg standing balance activities. Active bilateral heel raises. Initiate passive heelcord stretching. Bilateral to unilateral standing, heel raise exercises. Stationary cycling with progressive resistance (standard foot position). Progressive depth (30°-90° knee flexion) flat-footed mini-squats. Progressive retrograde treadmill ambulation. Flat-footed single leg balance on mini-trampoline. “On-Toes” standing balance/proprioception activities on mini-trampoline. Progressive duration/velocity Stairmaster ambulation. Stationary jogging and jumping on mini-trampoline. Lateral sliding board maneuvers.

➤ **Phase III (Months 4-6) Goal: Return of function**

Movement/Weightbearing: Discontinue the removable boot.

Physical Therapy: Straight ahead jog-to-run progression on a level surface. Progressive acuity cutting agility maneuvers. Large-to-small Figure 8 agility maneuvers. Sport/Position specific functional activities. Running and agility maneuvers on progressive incline/decline surfaces. Discharge to normal activities.