



# ACHILLES TENDON REPAIR REHABILITATION GUIDELINES

Dr. Ed Tingstad

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PHASE 1: Immediate Post-Op (Surgery – 8 Weeks)		
<b>Goals</b>	<input type="checkbox"/> Protection of the post-surgical area <input type="checkbox"/> Eliminate effusion <input type="checkbox"/> Pain control	
<b>Crutches</b>	<input type="checkbox"/> <u>Weeks 0-2</u> : Non-weight bearing (use crutches) <input type="checkbox"/> <u>Weeks 2-4</u> : Touchdown weight bearing 50% <input type="checkbox"/> <u>Week 4</u> : Full weight bearing	
<b>Brace</b>	<input type="checkbox"/> <u>Weeks 0-2</u> : At all times <input type="checkbox"/> <u>Weeks 2-4</u> : Locked in 20 degrees of plantar flexion at all times except showering <input type="checkbox"/> <u>Weeks 4-8</u> : Worn during weight bearing activities	
<b>Cryotherapy</b>	<input type="checkbox"/> Cold with compression and elevation <input type="checkbox"/> First 24 hours: ice every hour for 25 minutes <input type="checkbox"/> After 24 hours: ice 3 times daily for at least 15 minutes	
<b>Exercises</b>	ROM	<u>Weeks 0-2</u> <input type="checkbox"/> NO PT OR ROM <u>Weeks 2-6</u> <input type="checkbox"/> Limit active dorsiflexion to neutral with knee flexed to 90 <u>Weeks 6-8</u> <input type="checkbox"/> ROM as tolerated
	MUSCLE ACTIVATION	<u>Weeks 0-2</u> <input type="checkbox"/> NO PT OR ROM <u>Weeks 2-8</u> <input type="checkbox"/> Inversion/Eversion ROM <input type="checkbox"/> Stationary Bike with brace on <input type="checkbox"/> Knee and hip strengthening <input type="checkbox"/> Joint mobilizations <input type="checkbox"/> NO passive heel cord stretching
	CARDIOVASCULAR	<input type="checkbox"/> Upper body circuit training or upper body ergometer



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PHASE 2: Weeks 8-12		
<b>Goals</b>	<input type="checkbox"/> Gain full and pain free ROM <input type="checkbox"/> Normalize gait	
<b>Crutches</b>	<input type="checkbox"/> As tolerated, discontinue when gait is normalized	
<b>Exercises</b>	ROM	<input type="checkbox"/> Gain full and pain free ROM
	MUSCLE ACTIVATION	<input type="checkbox"/> Begin light dorsi/plantarflexion ROM with knee flexed <input type="checkbox"/> Inversion and eversion isometrics <input type="checkbox"/> Continue bicycle <input type="checkbox"/> Knee and hip strengthening
	CARDIOVASCULAR	<input type="checkbox"/> UBE

PHASE 3: Weeks 12-5 Months		
<b>Goals</b>	<input type="checkbox"/> Continued strengthening progression	
<b>Exercises</b>	MUSCLE ACTIVATION	<input type="checkbox"/> Aggressive dorsi/plantarflexion with emphasis on plantar eccentrics <input type="checkbox"/> Begin inversion and eversion isometrics <input type="checkbox"/> Continue bicycle <input type="checkbox"/> Knee and hip strengthening
	CARDIOVASCULAR	<input type="checkbox"/> UBE