

ACHILLES TENDON REPAIR

Phase I- Protective Phase (Week 0 – 6)

Goals:

- Protect healing tissues and minimize deleterious stresses
- Decrease pain, inflammation and swelling
- Gradual return of protective AROM

Weeks 0 – 1:

- NWB in splint

Weeks 1 – 3:

- TDWB in walking boot with heel lift
- Ankle AAROM exercise as follows
 - Dorsiflexion to neutral
 - Plantarflexion to tolerance
 - Inversion to tolerance
 - Eversion to tolerance

Weeks 4 – 6:

- PWB with boot and heel lift
- Initiate isometrics for ankle DF/INV/EVER

Phase II – Intermediate Phase (7 – 12 Weeks)

Goals:

- Full, non-painful ROM
- Gradually increase progressive strengthening program
- Increase functional activities and decrease residual pain

Weeks 7 – 12:

- Progress to FWB with heel lift in shoe (wean from crutches 7 – 8 weeks)
- Progress AROM/PROM for DF to tolerance
- Strengthening:
 - Advance PRE's for DF/INV/EVER
 - Begin PF PRE's at week 8 (isometrics → isotonics → isokinetics)
- Begin gentle Achilles' stretching (rope → weightbearing → slant board)
- Begin bicycling with gentle resistance and progress gradually
- Begin balance and proprioception activities



Home to the Texas Rangers

Phase III – Advanced Strengthening Phase (Weeks 13 – 21)

Goals:

- Maintain full, non-painful ROM
- Improve lower extremity strength
- Improve neuromuscular control
- Gradual return to functional activities

Weeks 13 – 16:

- Continue stretching, strengthening and proprioceptive programs
- Begin light forward jogging

Weeks 16-20:

- Continue above exercises
- Initiate plyometric/agility programs
- Initiate interval sport programs

Phase IV – Return to Activity Phase (Weeks 21 – 26)

Goals:

- Gradual return to sport activities
- Continue stretching/strengthening program

Criteria for return to play:

- Physician approval
- Full, non-painful ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program