



Postoperative Rehabilitation Following Achilles Tendon Repair (Conservative)

I. IMMEDIATE PROTECTION PHASE (Week 0-8)

Goals

- Protect healing tissue
- Decrease pain and inflammation
- Retard muscular atrophy
- Control weight bearing forces

Weightbearing

- Non weightbearing with 2 crutches for first 8 weeks

ROM

- No passive range of motion for first 8 weeks. May begin range of motion in pool once incision is fully healed.

Strength Exercises

- No strengthening for first 2 weeks
- Begin submaximal isometrics at 2 weeks
- Hip abduction
- Hip adduction
- Straight leg raises flexion
- Bicycle (in boot)

II. INTERMEDIATE PHASE (Week 8-12)

Goals

- Protect healing tissue
- Retard muscular atrophy
- Progress weight bearing tolerance
- Begin light proprioceptive drills

Weightbearing

- Begin PWB with 2 crutches in walking boot with 5/8" heel lift insert
- Gradually increase to FWB at week 12



ROM

- Begin passive dorsiflexion, plantarflexion, inversion, and eversion

Strengthening Exercises

- Continue above exercises
- Submaximal isometrics
- Hip abduction
- Hip adduction
- Straight leg raises flexion
- Bicycle
- Initiate ankle inversion/eversion
- Seated balance on BAPS board

III. ADVANCED MOTION AND STRENGTHENING PHASE (Week 12-20)

Goals

- Progress to full motion
- Advance proprioceptive drills
- Increase strength, power, and endurance

Exercises

Week 12-14

- 4-way Theraband isotonics (dorsiflexion, plantarflexion, eversion, inversion)
- Seated proprioceptive drills
- Leg press
- Knee extension
- Vertical squats (0-35°)

Week 14-16

- Vertical squats (0-60°)
- Side and front lunges
- Lateral step-ups

Week 16-18

- Standing proprioceptive drills
- Stair climbing machine



Pool Program

- Swimming week 12-14
- Fast paced walking week 14-16
- Running in pool week 16-18

Continue strengthening exercises

- Theraband strengthening inversion/eversion, dorsi/plantarflexion
- Towel gathering
- Light standing toe-calf raises
- Bicycle
- Stair climbing machine
- Vertical squats
- Front lunges
- Proprioceptive training

Initiate plyometric program (week 16-18)

Initiate running program (week 18-20)

Initiate agility drills

Initiate sport specific training and drills (week 20-22)

IV. **RETURN TO ACTIVITY PHASE (Month 5-7)**

Goals

- Continue to increase strength, power, and endurance of lower extremity
- Gradual return to sport activities

Exercises

- Continue strengthening program
- Continue closed chain strengthening program
- Continue plyometric program
- Continue running and agility program
- Accelerate sport specific training and drills