

Percutaneous Achilles Repair Guidelines

- Follow up visit 5 days after surgery - remove splint, plantigrade cast placed
 - 2 week follow-up - suture removal - new cast placed
 - 4 weeks postop - cast removal, boot application with heel wedges (30 deg) and initiate WBAT
 - 6 weeks postop - remove 1 wedge (re move 2nd @ 2 weeks later), continue WBAT
 - 8 weeks: follow-up, d/c boot to regular shoe
 - 12 weeks: begin isokinetic strengthening, heel raises
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WEEKS 9 - 12

- KEYS: no passive DF stretching, progress cyclic muscle strengthening, stress PF end range strengthening, d/c heel lifts
 - Gait training: marching & lateral; walking
 - Stairmaster
 - Retro-treadmill
 - Calf raises with eccentric lowering
 - Single leg balance (baps, decline board)
 - Steps - lateral step ups 6 - 8 inches, descend 4 inches step
 - Isokinetics (concentric, eccentric)
 - End range strengthening (bilateral decline board, prone isometric/isotonics, leg press calf raises)
 - GOALS: restore normal gait, full active PF and DF
 - Continue to progress gastroc-soleus strength
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WEEKS 13 – 20

- KEYS: initiate passive DF stretching, progress full ROM, stress PF end range strengthening, functional training
- Jogging and retro jogging
- End-range PF strengthening (single limb decline board calf raise)
- Jump progression (single leg press hopping, land on forefoot -> bilateral mini-hops -> unilateral mini-hops @ week 20)



- Tramp hopping
 - Forawer/lateral stopovers
 - Sub-max agility training (figure-8, karaoke, shuffles)
 - Regular biking
 - GOALS: cross-over stair descent, jogging, full ROM
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WEEKS 20+

- KEYS: full ROM strengthening, functional training
- Plyometrics
- Running/agility drills
- Return to sport (6 months minimum, sport specific)