

## Achilles Repair Guidelines

### WEEKS 1 - 3

- Keys - no passive DF, initiate active DF, gravity assisted PF (when incision healed), prevent wound complications
  - Patient education: use rocker boot with crutches (NWB)
  - Immobilized @ gravity equinus
  - Gait transfer/stair training
  - Gentle scar mobs, may add heat after 2 weeks postop
  - Edema control
  - AROM (DF in seated position)
  - PROM (gravity assisted PF)
  - Proximal kinetic chain strengthening (SLR, stationary cycle, intrinsic strengthening exercises, prone hamstring curls, upper body conditioning)
  - GOALS: protect repair, minimize scar formation, decrease swelling
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### WEEKS 4 – 6

- KEYS: no passive DF, progress cyclic motion (active DF/gravity PF), initiate WB program
- Scar mobs
- Edema control
- WB progression
  - Week 4: standing bilateral weight shift w/ towel roll under heels (no boot)
  - Week 5: standing bilateral weight shift w/ boot, progress to staggered stance weight shifting (walking progression)
  - Week 6: initiate gait in boot w/o crutches)
- Early strengthening: submax isotonic ankle DF/PF and eversion, prone active PF with flexed knee, seated BAPS
- GOALS: protect repair, increase PF strength, no over-stretching

### WEEKS 7 – 9

- KEYS: no passive DF stretching, progress cyclic strengthening, stress plantarflexion end range strengthening, lower heel lift
  - WB training
    - Week 7: in PT - bilateral WB with sneakers and heel lifts; @ home - in boot
    - Week 8 : in PT - with sneakers and lifts, @ home with sneakers and lifts, outside in boot
    - Week 9: d/c boot, but do not ambulate in bare feet)
  - AROM - DF/PF, inversion/eversion
  - Bilateral balance
  - Strengthening - T-band, end range isometrics, leg press/calf raise (week 8), 4" - 6" step-ups, swimming without fins
  - GOALS: improve fitness, moderate gastroc-soleus control, ambulate without boot
  - UBE (week 10)
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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

### **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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### **WEEK 20+**

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