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Physical Therapy Prescription – Achilles Tendon Repair

Name: _____ **Date:** _____

Diagnosis: R / L Achilles Tendon Repair **Date of Surgery:** _____

Frequency: 2-3 times per week for 6 weeks

- PHASE 1 - 0-3 WEEKS
 - Precautions
 - Splint at 30° of plantar flexion
 - Non-weightbearing for 3 weeks
 - Exercises:
 - Gentle foot movement in boot
 - Straight leg raises
 - Knee flexion/extension
 - Well-leg cycling and weight training for cardiovascular conditioning
- PHASE 2 - 3-6 WEEKS
 - Precautions
 - Transition to CAM Boot with 2 wedges
 - May begin WBAT in boot with wedges
 - Remove 1 wedge after 2 weeks
 - Avoid forceful active and passive range of motion of the Achilles
 - Exercises:
 - Isometrics of uninvolved muscles
 - Light active dorsiflexion of the ankle to neutral only
 - Slowly increase passive range of motion and stretch on the Achilles after 6 weeks
 - At 6 weeks, okay to add stationary cycling with heel push only
- PHASE 3 - 6-12 WEEKS
 - Precautions
 - Full weight bearing with heel lift as tolerated
 - Wean into a regular shoe with wedge over a 2-4 week period
 - No eccentric strengthening until 12 weeks
 - Exercises:
 - Gait training
 - Submaximal isometrics, cautious isotonics, Theraband
 - Manual full passive range of motion of the Achilles to neutral
 - Progress to cycling in shoe
- PHASE 4 - 3-6 MONTHS
 - Precautions
 - Wean off heel lifts
 - No running, jumping, or ballistic activities until 6 month post-op
 - Exercises
 - Closed chain exercises – controlled slow eccentrics vs. body weight
 - Controlled squats, lunges, bilateral calf raise – progress to unilateral
 - Cycling, VersaClimber, NordicTrack, rowing machine (gradually)
- 6+ MONTHS
 - Exercises
 - Progress training jogging/running, jumping, and eccentric loading exercises, noncompetitive sporting activities, sports-simulated exercises
- 8-9 MONTHS may return to physically demanding sport

Signature _____ Date _____