

Accelerated Achilles Repair protocol

	WEIGHT BEARING	ORTHOTIC DEVICES	RANGE OF MOTION	GOALS	EXERCISES
0-2 weeks	NWB in splint		None	Decrease pain and swelling	Curl toes downward only
2-4 weeks	WBAT in boot	Boot with 2.5 cm heel lift	Plantar flexion of the ankle only.	Working on active plantar flexion only	No resistance No strengthening
4-6 weeks	Weight bear as tolerated in boot	Progress to No heel lift (reduce to no lift by 6 weeks)	Full Active ankle ROM	Full Active ROM	Gradual strengthening exercises in plantar flexion only
6-12 weeks	FWB Wean out of the boot after 6 weeks	None (wean off boot in 1-2 weeks)	Full ROM	Advance strengthening	Advance strengthening exercises to include dorsiflexion. Advance to conditioning exercises such as elliptical, stationery biking and swimming. Advance to resisted strengthening.
12+ weeks	Ok to begin jogging	None	Full ROM	Sport specific activities	Return to sport usually by 4-6 months