

Achilles Repair Guidelines

	WEIGHT BEARING	BRACE	RANGE OF MOTION	STRENGTH/EXERCISES	Goals
<i>PHASE 1</i> <i>0-2 WEEKS</i>	NWB with crutches	Short Leg Splint	N/A	Leg elevation/edema control Upper body ergometer Curl toes down	Wound healing
<i>PHASE 2</i> <i>4-6 WEEKS</i>	Progress to WBAT in CAM boot	CAM boot Worn at all times 2 heel lifts (2-4 wks) 1 heel lift (4-6 wks)	Active dorsiflexion to neutral Gentle passive ankle plantarflexion	SLR Knee ROM Ankle range of motion (ROM) with respect to precautions Pain-free isometric ankle inversion, eversion, dorsiflexion and sub-max plantarflexion Open chain hip and core strengthening	Normalize gait, wean out of crutches Protection of post-surgical repair May progress to phase 3 when pain-free active dorsiflexion to neutral and no wound complications
<i>PHASE 3</i> <i>6-12 WEEKS</i>	WBAT in normal shoes (lift if needed)	Wean from brace	Full active ROM	Frontal and sagittal plane stepping drills (side step, cross-over step, grapevine step) Gentle gastroc/soleus stretching Static balance exercises (begin in 2 foot stand, then 2 foot stand on balance board or narrow base of support and gradually progress to single leg stand) 2 foot standing nose touches	Normalize gait on level surfaces without boot or heel lift Single leg stand with good control for 10 seconds Active ROM between 5° of dorsiflexion and 40° of plantarflexion

				<p>Ankle plantarflexion strengthening with resistive tubing</p> <p>Low velocity and partial ROM for functional movements (mini-squat, step back, lunge)</p> <p>Hip and core strengthening</p> <p>Pool exercises if the wound is completely healed</p>	
<p><i>PHASE 4</i> <i>12-24 WEEKS</i></p>	<p>WBAT in normal shoes</p>	<p>N/A</p>	<p>Full active ROM</p>	<p>Frontal and transverse plane agility drills (progress from low velocity to high, then gradually adding in sagittal plane drills)</p> <p>Multi-plane proprioceptive exercises – single leg stand</p> <p>1 foot standing nose touches</p> <p>Ankle strengthening – concentric and eccentric gastroc strengthening</p> <p>Functional movements (squat, step back, lunge)</p> <p>Stationary bike</p> <p>Sports-specific drills (4 mo)</p>	<p>Normal gait mechanics without the boot on all surfaces</p> <p>Squat and lunge to 70° knee flexion without weight shift</p> <p>Single leg stand with good control for 10 seconds (20 reps) before sports-specific exercises</p> <p>Active ROM between 15° of dorsiflexion and 50° of plantarflexion</p> <p>Dynamic neuromuscular control with multi-plane activities, without pain or swelling</p>