



Cascade Orthopaedic Group

Sports Medicine, Joint Replacement, Fracture Care and Hand Surgery

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Achilles Tendon Repair Rehabilitation Guidelines

Time frames mentioned in this protocol should be considered approximations with actual progression based on clinical presentation and physician's recommendations

- Avoid forceful active or passive dorsi flexion.
- Ice as needed for swelling and pain.

Day one–2 weeks post-op

- Plantar flexed cast.
- Post-op boot locked with wedges.
- Allow to weight bear as tolerated.
- Change cast/check incision @ 2 weeks.

4 weeks post-op

- Discontinue cast.
- Wear boot with wedges.
- Ankle exercises with rubber band (eversion, inversion, dorsi flexion, plantar flexion).
- Take shoes in to be modified with 1 inch lift in both shoes. BUT only wear the elevated shoe on uninjured side.

6 weeks post-op

- Discontinue boot.
- Wear elevated shoe with 1 inch lift (decrease heel lift by 1/4 inch each week).
- Work on normal gait.
- One physical therapy visit to progress ankle PRE's:
 1. Seated and standing toe raises (in shoes with lift).
 2. Balance training (single leg balance with shoes).
 3. Stationary bike.
 4. Leg extensions and hamstring curls.

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All PRE's PERFORMED SMOOTHLY, NO BALLISTIC ACTIVITIES

8 weeks post-op

- Normal shoes.
- Start formal physical therapy:
 1. Continue with ankle PRE's.
 2. Progress with balance training (airex pad, balance disc, etc.).
 3. Can begin leg press, ball squats (no heavy weights).
 4. Forward step downs (start with 2 inch and progress up).
 5. Bike, elliptical.

8 -10 weeks postop

- Continue with ankle PRE's, gait work, balance work, bike/elliptical.
- Toe walks, slow cross-over while on forefoot.
- If dorsi flexion is needed you can start gentle stretching.

4 - 5 months post-op

- Start pre-jogging exercises (if pt. can perform single leg toe raises 3 sets of 10 reps)
 1. Quick feet.
 2. Jump downs (2-3 inches).
 3. Jump rope.

5 - 6 months post-op

- Can start jogging (if can perform without limp or pain).

6 - 7 months postop

- Can start sprints.
- Start more jumping (ballistic) activities.
- Can start agilities (if pain free and without limp).

7 - 8 months post-op

- Return to sport activities