



ACHILLES TENDON REPAIR / RUPTURE



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Achilles Tendon Repair/Rupture - Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L Achilles Tendon Repair / Rupture

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

PHASE I (Weeks 0-4)

Week 0-2

NWB, Splint until first clinic visit (keep clean and dry), NO ROM

Week 2-4

Walking boot with Heel Lifts – may remove for hygiene only, must wear for sleep

Start PWB 50% - transition from PWB 50% with crutches to FWB starting week 4

ROM: AROM/AAROM, **limit Dorsiflexion (DF) to 0° with knee bent to 90°**, no limit on PASSIVE PF

Swelling/edema reduction modalities

PHASE II (Weeks 4-8)

Week 4-6

Walking boot with Heel Lifts - may remove for hygiene only, must wear for sleep

- Remove 1 heel lift every two weeks starting at week 4

Transition from 50% PWB -> FWB, goal is FWB in boot with heel lifts at week 6

ROM: AROM/AAROM, **limit DF to 0° with knee bent to 90°**, no limit on PF

May perform Inversion, Eversion, and DF isometrics

Stationary bike in boot

Week 6-8

Walking boot with Heel Lifts

- Continue to remove 1 heel lift every two weeks until neutral

FWB

ROM: AROM/AAROM to tolerance, **NO PASSIVE STRETCHING DORSIFLEXION PAST NEUTRAL**

Theraband strengthening all except Plantar flexion (PF), seated heel raises starting week 6,

Core, Gait mechanics in Boot

Stationary bike in boot

May start to wean from boot week 7-8

Signature: _____

Date:

Stephen G. Thon, MD

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PHASE III (Weeks 8-18)

Week 8-12

Continue to Wean from walking boot
ROM: As tolerated all plane, emphasis on function DF motion
Pain free ankle isotonic
Progress from seated heel raises to double leg heel raises to single leg heel raises
Progress Core/Kinetic Chain Strengthening
Low Impact Cardio: Stationary bike in regular shoe wear, elliptical, aquatics training
Progress walking program/Gait Mechanics

Week 12-18

Progress to PF eccentrics, end range PF strength
Low impact/Plyos once able to do 15-20 single leg heel raises
Running progressions in Alter G/Pool Running if available (50-75% BW)
Walk -> Jog progression program to start at 16 weeks if cleared previous milestones

PHASE IV (Week 18+)

Advance strength and proprioception as tolerated
Linear running/jumping/plyometric progressions
Sport specific training

- Submaximal to start -> progress as appropriate

Advance to high impact sports and activity with progression
Full return to sports anticipated 8-12 months