

## **GARRETT COUNTY ORTHOPAEDICS**

311 North 4<sup>th</sup> Street, Suite #3

Oakland, MD 21550

301-334-1034

Fax: 301-334-3350

### **Achilles Tendon Repair**

**Precautions:** wear boot always for ambulation

**Per ortho:** Weeks 1-2: ½ in heel lift- NWB

Weeks 3-4: ¼ in heel lift- PWB (25-75%bw)

Weeks 5-6: 1/8 in heel lift-WBAT

#### **Phase I: protection phase rehabilitation**

Weeks 1-2:

- Quad sets, and glute sets (bilateral)
- Gentle hamstring stretching
- Toe wiggles/towel scrunches
- Knee and hip AROM, as needed

Weeks 3-4:

- Gentle ankle pumps
- SLR and SAQ's: may add weight gradually
- LE stretching (hamstring, glutes, ITB, quads)
- UBE and light UE exercise (no push ups)

Weeks 5-6:

- Gentle seated Achilles towel stretch (pain free)
- Ankle ROM exercises (alphabet, circles, etc)
- Ankle strengthening with light tubing (eversion and inversion only)
- Stationary bike light resistance
- Pain free all way ankle isometrics
- Beginner level pool exercises (chest deep water, and deep water jogging only)

#### **Phase II:**

7-8 weeks:

- Stationary bike
- Ankle AROM exercises-add mobilizations and manual stretching as needed
- Seated wobble/rocker boards
- Gait Training (cone walking, marching, retro walking, etc)
- Ankle strengthening with tubing (strengthen eversion in the plantar-flexed position)
- Seated heel raises
- Continue beginning pool exercises

9-12 weeks:

- Elliptical-add gradually with stationary bike for conditioning
- Forward, lateral, and retro step-ups (start small step 2-4" and increase height)
- Heel raise progression
- Standing gastroc and soleus stretch
- Bilateral mini-squats-add resistance gradually
- Progressive strengthening LE (knee extension. Leg press, hamstring curls, hip abd/add, etc)
- Progressive standing balance exercises (body blade, foam, etc)
- Intermediate level pool progression

#### **Phase III:**

**Weeks 13-16:**

- Stair master-add gradually with elliptical/bike
- General LE stretching
- Progressive strengthening (calf press, leg press, squats, etc)
- Progressive balance training
- Progressive pool program as tolerated

**Weeks 17-26:**

- Progressive jogging program ( begin in treadmill, slowly progress time and distance)
- Progressive functional training ( begin 25-50% intensity for jumping, hopping, directional jogging, cariocas, shuffles, etc)

**Miscellaneous:**

After 6 months post-op exercises in phase III continued, gradually increase intensity and duration as tolerated.

It is recommended to wait 9-12 months post-op before return to contact/collision sports or aggressive training (airborne school). This time may be adjusted by surgeon according to patient progress.

Todd W. Feathers, MD  
Orthopaedic Surgeon