



Cascade
Orthopaedic Group

Achilles Repair

0 weeks – 2 weeks

- Remain non weight bearing in splint
- Keep splint clean and dry, do not remove

2 weeks – 8 weeks

- Gradually increase weight bearing from toe-touchdown to partial as tolerated. Okay to progress to full weightbearing
- Walking orthosis with 3 heel lifts. If comfortable walking with 3 heel lifts after 2 weeks, may remove one heel lift.
- **Every two weeks may remove one lift as long as it feels comfortable.**
- Isometrics of uninvolved muscles, light active dorsiflexion of the ankle until gentle stretch of Achilles
- Slowly increase the intensity and ranges of isometrics of Achilles within the range of the boot

- Slowly increase passive range of motion and stretch on the Achilles after 6 weeks
- Proprioception exercises, intrinsic muscle strengthening, PNF patterns (not to Achilles)
- At 6 weeks, okay to add stationary cycling with heel push only. Deep water workouts
- Soft tissue treatments daily

• 8 weeks – 12 weeks

- Full weightbearing with heel lift as tolerated, gait training
- Wean into a regular shoe over a 2-4 week period
- Begin and gradually increase active/resistive exercises of the Achilles (i.e. submaximal isometrics, cautious isotonic, Theraband)
- Manual full passive range of motion of the Achilles — nothing forceful
- Progress to cycling in shoe, swimming

3 - 6 Months:

- Wean off heel lifts (if not already)
- Closed chain exercises: controlled squats, lunges, bilateral calf raise (progress to unilateral), toe raises, controlled slow eccentrics vs. body weight
- Cycling, VersaClimber, rowing machine, NordicTrack (gradually)
- Unless excessive fibrosis is present, should be discharged into a home program

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