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Achilles Tendon Repair

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 – 2 weeks	Non-weight bearing with crutches.	Plantar flexion splint	None	Elevation; Straight leg raises
PHASE II 2 – 4 weeks	Partial weight bearing with crutches in CAM walker boot	CAM boot with ½ inch heel wedge to be worn at all times except when showering or in PT; change to ¼ inch wedge at week 3	Gentle active DF, INV, ERV; Passive PF to tolerance, sitting with leg in dependent position	Isometrics (no plantar flexion); SLR, short arc quad; ice
4-6 weeks	WBAT in CAM boot with no lift; may D/C crutches once gait WNL	CAM boot with no lift	Gentle active DF (goal 0 degrees), INV, ERV; Passive PF to tolerance, sitting with leg in dependent position	Scar massage; isometrics; mini squats, wall squats, stationary bike
PHASE III 6-8 weeks	WBAT in sneakers	Taper out of CAM boot at home, then outside of home	Full AROM including PF; goal 10 degrees DF and normal gait	Light theraband (no plantarflexion); stationary bike;
8-12 weeks	WBAT in sneakers	Ankle brace prn	Full ROM	Standing heel raises; therabands; step-ups, side steps; leg press, HAM curls; balance/proprioception; treadmill walking
PHASE IV 3-6 months	WBAT	D/C ankle brace	Full ROM	Continue previous exercises adding running on treadmill, stairmaster; plyometrics; return to sports 5-6 months