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Achilles Tendon Rupture / Repair Protocol

**PHASE I**

**0-2 WEEKS**

NWB with assistive device x 2 weeks
Immobilization in splint

**PHASE II**

2-6 weeks:  50 % WB with ROM walker boot
Active dorsiflexion, passive plantarflexion, ankle ROM

**PHASE III**

6-12 weeks:  FWB at 6 weeks if incision healed
Begin PT at 6 weeks for strengthening

**PHASE IV:  POW 12-16**

-ROM/stretching Achilles as needed, other LE muscles
-Gait: Ensure good gait pattern:  heel-toe gait, good heel strike and push-off, stance time equal left to right
-SLB activities (eyes open/closed, head nods, arm movement)
  Progress to multiple planes
-Ankle theraband
-Begin functional strengthening exercises
-Leg press - bilateral
-Leg press toes raises (bilateral, progress to unilateral)
-Progress to WB bilateral toe raises
-Proprioception activities – i.e. BAPS, balance board
-Hip and knee PRE’s
-Soft tissue and joint mobes as needed
-Stairmaster, bike for cardio
-Ice as needed

Criteria to progress: Good gait mechanics
ROM equal to opposite side
Controlled inflammation
No pain
Plantarflexor strength 4/5 (perform 10 partial to full toes raises)

**PHASE V: POW 16-20**

Progress previous exercises: hip and knee PRE's
Progress to WB unilateral heel raises
Stairmaster
Isokinetics for ankle (inv/ev, dors/ptf) – optional
Begin jumping progression: leg press, min-tramp, ground
Functional rehab
  - Forward dips multiple plane for balance
  - Begin light plyos

Criteria to progress: ROM equal to opposite side
  - Perform 20 unilateral toes raises (full range, pain-free)
  - Perform bilateral jumping in place 30 seconds each F/B, L/R with good technique

**PHASE VI: 5-6 months post-op**

Progress previous exercises
Progress jumping to hopping
Begin jogging/running when hopping is performed with good technique
Sport specific drills for appropriate patients

Criteria to discharge non-athletes:
  - Good gait pattern
  - ADL’s without difficulty
  - Gastroc/soleus 4+ - 5/5 strength

Criteria to discharge athletes:
  - Good gait pattern
  - Patient performs the following tests within 80% of the uninvolved leg:
    - Hop for distance
    - Single leg balance reach
    - Isokinetic strength test

Maintenance program should stress continued strength and endurance work at least 2-3 times per week.

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