

ACHILLES REPAIR ACCELERATED REHAB PROTOCOL

FREQUENCY: 1-2x/week- dependent on patient compliance

DURATION: 4-6 months

WEIGHTBEARING STATUS: Cast x 2 weeks NWB with B axillary crutches
WBAT in walking boot in 30 degrees plantarflexion x 3 weeks
WBAT wean to shoe (with heel lift if needed) by 6 weeks post-op

ROM PRECAUTIONS: no ROM x 2 weeks (immobilized in cast)
0 degrees DF-30 degrees PF weeks 3-6 (no overpressure with dorsiflexion)
No restriction after week 6- okay for static calf stretching

STRENGTHENING: Week 2: isometric inversion/eversion; foot intrinsics with towel; open chain hip and knee strengthening with boot on
Week 3: begin yellow 4 way ankle theraband
Weeks 4-6: progress to green 4 way theraband, BAPS board in sitting, add static calf stretch at week 6
Weeks 6-12: progress resistance with theraband, DL calf raises at six weeks → SL calf raises at 12 weeks, add balance/proprioceptive exercises

WEEKS 1-2:

WB STATUS: casted/immobilized for healing, edema and pain control

WEEK 2/TREATMENT #1:

WB STATUS: WBAT in walking boot

ROM: DF: 0 degrees PF: 30 degrees

THEREX: stationary bike in boot, hip strengthening/SLR in boot, ankle AROM within ROM limits, towel crunches

MANUAL THERAPY: gentle STM, effleurage

MODALITIES: Gameready, high compression

WEEK 3/TREATMENT #2

WB STATUS: WBAT in walking boot

ROM: DF: 0 degrees, PF: 30 degrees

THEREX: continue previous and add ½ foam roller PF/ DF, INV/EV; submax manual isometrics INV/EV

MANUAL THERAPY: gentle STM, effleurage

MODALITIES: Gameready, high compression

WEEK 4/TREATMENT #3

WB STATUS: WBAT in walking boot

ROM: DF: 0 degrees, PF: 30 degrees

THEREX: continue previous exercises

MANUAL THERAPY: begin gentle scar mobilizations parallel to incision (if closed)

MODALITIES: Gameready, high compression

WEEK 5/TREATMENT #4

WB STATUS: wean from boot; use SPC with WB in shoe and small heel lift if needed

ROM: AROM to tolerance- avoid overpressure with DF; (DF: 5 degrees, PF: 45 degrees)

THEREX: continue previous exercises; add BAPS board all planes, ankle theraband, weightshifting; gait training with SPC

MANUAL THERAPY: continue scar mobilization

WEEK 6/TREATMENT #5

WB STATUS: shoe with small lift; boot for community distances

ROM: unrestricted (DF: 8 degrees, PF: 45 degrees)

THEREX: continue previous exercises; add airex DL stance, rockerboard DL, seated calf raises; gentle standing calf stretch; gait training/cone step-overs in shoe without assistive device

AQUATIC THERAPY: DL calf raises, SLB, rocking

MANUAL THERAPY: continue scar mobilization; talar mobs and gentle DF stretch as needed

WEEK 7/TREATMENT #6

WB STATUS: boot discharged other than with golfing, long distances

ROM: unrestricted (DF: 10 degrees, PF: 60 degrees)

THEREX: continue previous exercises; DL calf raises x 10 reps; add sidestepping and grapevine walks, SLB on stable surface, mini-squats, step-ups

AQUATIC THERAPY:

MANUAL THERAPY: continue scar mobilization; used Hawkgrrips IASTM technique; talar mobs as needed

WEEK 8/TREATMENT #7

WB STATUS: boot discharged

ROM: unrestricted (DF: 10 degrees, PF: 65 degrees)

THEREX: continue previous exercises; DL calf raises x 20 reps; progressed SLB to airex, lateral step-ups

AQUATIC THERAPY: eccentric calf raise to tolerance

MANUAL THERAPY: continue scar mobilization with Hawkgrrips; talar mobs as needed

WEEK 9/TREATMENT #8

WB STATUS: boot discharged

ROM: unrestricted

THEREX: continue previous exercises; DL calf raises x30 reps; add UE movement to SLB on unstable surface

AQUATIC THERAPY: added U calf raises

MANUAL THERAPY: continue scar mobilization; talar mobs as needed

WEEK 10/TREATMENT #9

WB STATUS: boot discharged

ROM: unrestricted

THEREX: add standing calf eccentric on flat ground x 10 reps;

AQUATIC THERAPY: add U calf raise and jumping jacks/rocking horse/DL wall push-offs/light plyos

MANUAL THERAPY: continue scar mobilization and talar mobs as needed; manually resisted PNF patterns in ankle to fatigue

WEEKS 10-16

Progress LE strengthening- eccentric calf raises on LP

Begin SL calf raises at 12 weeks

Begin jump program in pool x 6 weeks (see attached plyometric program), then progress to land x 6 weeks

Progress agility drills, plyometrics, perfect jumping and landing mechanics

Functional Hop Test for return to sport (around 6 months)