



Achilles Tendon Repair with Augmentation
 Dr. Vincent Vacketta
 Midwest Orthopaedic Center — Peoria, IL

	WEIGHT BEARING	ROM	EXERCISES
Phase 1a: 0-1 week post-op	NWB PO Splint; Crutches, walker, scooter	Ankle - none; AROM of Hip/knee	Quad sets, glute sets, 4-way SLR
Phase 1b: 1-4 weeks post-op Protective phase	NWB Cast; Crutches, walker, scooter	Ankle - none; AROM of Hip/knee	Quad sets, glute sets, 4-way SLR, upper body ergometer Opposite LE strength training (cross-over effect)
Phase 2: 4-8 weeks post-op Intermediate phase	WBAT in boot with 20° wedge at 4 weeks Reduce to 10° wedge at 6 weeks Use something for contralateral leg-leveling for gait. Remove boot for sleep, hygiene, and therapy	A/AA/PROM ankle DF to 0° AROM IV/EV Toe mobilization	Formal therapy to begin when patient transitions to boot Patient may initiate aquatic therapy in week 7 if incision is healed (or protect incision with Tegaderm) Edema control; Ankle AROM, ankle IV/EV isometrics, Submaximal PF isometrics, Seated heel raises, seated heel slides to neutral DF; Intrinsic strengthening, arch doming; Leg press in boot; Core strengthening; talocrural and foot joint mobilizations; gentle scar tissue mobilization, gentle calf STM; BFR if appropriate. **No explicit stretching of achilles**
Phase 3: 8-16 weeks post-op Functional phase	WBAT in boot, no wedge at 8 weeks Transition to shoe when WBAT in boot without wedge is pain free. Can use 1 cm heel lift in shoe for comfort.	Gentle active and passive stretching past neutral DF	Continue Phase 2 exs. Theraband IV/EV, Stationary Bike, Balance/Proprioception drills, Resisted walking, step ups, step downs (<4 inch), BAPS, lateral drills, lunge progressions, leg press*, squat progressions*, standing calf raise progressions* *advance to single leg versions only when form is correct and pain-free
Phase 4: Weeks 16-24 Advanced phase	FWB in normal shoes	Full	Elliptical trainer IASTM if indicated Initiate light plyometric progressions. No jumping until 6 months post-op. Jogging program at 6 months post-op Sports-specific training at 6 months post-op

Please send PT progress notes prior to each MD appt.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see PT referral for any specific post-op instructions. ****Slow down if there is no tendon augmentation****

Consider functional tests prior to return to sports (6+ months post-op)

Call 309-689-7007 for rehab questions; Call 309-691-1400 x2268 for nursing questions