

Achilles Tendon Repair

Physical Therapy Protocol



St. Joseph's Physicians

A Member of Trinity Health

STAGE 1

1-3 Weeks Post-Operative

- Do not start physical therapy until instructed to.
- Cast immobilization.
- Non-weight bearing.

STAGE 3

6-8 Weeks Post-Operative

- Continue toe-touch weight-bearing with crutches.
- Continue ankle range of motion exercises.

STAGE 2

3-6 Weeks Post-Operative

- Transition to walking boot immobilization with heel lift (1.5 cm).
- Toe-touch weight-bearing as tolerated.
- Begin gentle ankle range of motion.

STAGE 4

8-12 Weeks Post-Operative

- Start weight-bearing as tolerated - may use crutches for comfort for 1-2 more weeks.
- Transition to shoe with heel lift (1.5 cm)
- Ankle range of motion.
- Standing heel raise - two legs.
- Balance exercises. Leg press.
- Leg extension and leg curl exercises.