“Achilles Tendon Rupture Repair”
Protocol Sequence

Phase I: Weeks 0-4
(Minimal physical therapy visits needed at this stage)
NWB in posterior splint or cast (equinus position)
Scar Management
Pain/Edema Control
Hip, Knee, Toe AROM
Hip and Knee Strengthening

Phase II: Weeks 4-6
**Begin formal Physical Therapy
NWB in CAM walker in neutral
Isometrics of uninvolved muscles
Light active DF to light stretch
Scar Mobilizations

Phase III: Weeks 6-8
Goal: ROM PF, INV, EV WNL
ROM DF to approx neutral
PWB in CAM walker with crutches
AROM DR, IN, EV
Non-forceful AROM PF
Gentle towel stretches to neutral
Gentle DF PROM to neutral
Stationary bike with heel only

Phase IV: Weeks 8-10
Full WB in CAM
Wean from crutches
Subtalar and crural mobs
Sitting calf raises
Ankle theraband and/or MRE’s for DF/IN/EV
Submax PF isometrics
Bilateral calf raises on Total Gym Levels 1-5
Bilateral Calf stretch on Total Gym Levels 1-5
PROM and static stretches progressing on 10° DF
Progress to normal riding on stationary bike light resistance
Phase V:  **Weeks 10-12**
- Transition to shoe with heel lift of heeled shoe
- Progress to Bilateral calf raises/stretches on Total Gym Level 5-10
- Unilateral calf raises/stretches on Total Gym Level 1-5
- “Runner’s” calf stretch

Phase VI:  **Weeks 12+**
- Goal: Normalized gait
- Continue stretching and strengthening
- D/C to HEP if appropriate

Phase VII:  **Sport Specific Training**
- Criteria to Progress: Able to perform 10 unilateral calf raises pain-free

Time Frames:
- Light Jogging: 6-8 months
- Avoid ballistic activity for 6 months
- Return to sports: 6-9 months
- Stair climbing: 10-12 weeks
- Stair negotiation: 3-4 months
- Squatting: 6-8 months
- Driving with involved foot: 8-10 weeks