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## Achilles Tendon Repair – Provider Protocol

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### PHASE I: 0–2 Weeks

#### Goals

- Protect surgical repair
- Control pain/swelling
- Maintain knee, hip mobility

#### Precautions

- Splint/boot with ankle in plantarflexion
- Non-weight bearing with crutches
- No active ankle motion

#### Exercises / Interventions

- Cryotherapy, edema control
- Knee and hip ROM
- Core/glute activation
- Patient education

### PHASE II: 2–6 Weeks

#### Goals

- Protect tendon
- Maintain mobility in safe planes
- Prevent stiffness

#### Precautions

- No weight bearing
- Boot with heel wedges
- No dorsiflexion beyond neutral
- No resisted plantarflexion

#### Exercises / Interventions

- Gentle PROM ankle within limits
- Toe curls, foot intrinsic activation
- Continue hip/knee/core strengthening



## Achilles Tendon Repair – Provider Protocol

### PHASE III: 6–10 Weeks

#### Goals

- Improve ankle mobility
- Normalize gait in boot
- Initiate gentle strengthening

#### Precautions

- Progressive weight bearing in boot
- Wean out of boot at ~week 8 (per surgeon clearance)
- Avoid forced dorsiflexion
- No jumping/running

#### Exercises / Interventions

- Active ankle ROM (within limits)
- Begin light theraband resistance plantarflexion, inversion, eversion
- Balance and proprioceptive drills (boot fishoe)
- Stationary bike with boot

### PHASE IV: 10–16 Weeks

#### Goals

- Progress strength
- Improve balance and endurance
- Transition fully to shoes with heel lift

#### Precautions

- No plyometric activity yet
- Avoid pain with resisted exercises

#### Exercises / Interventions

- Progressive resistance for ankle
- Closed-chain strengthening (mini squats, step-ups)
- Balance/proprioceptive training (single-leg stance)
- Elliptical, pool walking, light treadmill



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### PHASE V: 4–6 Months

#### Goals

- Restore full ankle strength
- Return to functional activities

#### Precautions

- No cutting, pivoting until cleared

#### Exercises / Interventions

- Advanced resistance
- Dynamic balance drills
- Agility ladder, light jogging progression
- Sport/work-specific training

### PHASE VI: 6–9+ Months

#### Goals

- Full strength and endurance
- Return to sport/work

#### Precautions

- Surgeon clearance before unrestricted sport

#### Exercises / Interventions

- Plyometrics (jumping, hopping)
- Sprint progression
- Cutting, pivoting drills
- Full return-to-sport conditioning