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Post-Operative Rehabilitation Guidelines for Achilles Tendon Repair

Weeks 0-2:

In splint. Strict NWB with crutches.

Ice to back of leg 20minutes out of every 2 hours

Strict elevation as much as possible. Emphasize prone position. Do not place pressure behind heel at incision site.

Weeks 2-6:

Progressive WBAT in CAM Walker with crutches. May discontinue crutches when tolerated.

2-3 peel packs in cam walker, peel one layer every 3 days.

Begin passive ankle ROM. Inversion/Eversion. DF/PF with knee flexed to 90

Begin Gastroc/Soleus Isometrics

May remove boot for hygiene only.

Weeks 6-12:

D/C CAM walker at week 6. WBAT in FLAT shoe only.

Restore full passive ROM.

Begin light strengthening Inversion/Eversion, DF/PF.

Begin stationary Bike.

Week 12-6 Months:

WBAT in shoe.

Full active and Passive ROM.

Aggressive strengthening gastroc/soleus complex.

Return to sports criteria:

1. Full symmetric, painless passive ROM.

2. Normal painless gait.

3. PF Strength 80% opposite extremity.

Average time to return to sport: 6 months