

121 Everett Road  
Albany, NY 12205  
518-453-9088

**KYLE R FLIK, MD**  
[kyleflik@yahoo.com](mailto:kyleflik@yahoo.com)

## **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 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. 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