

# Rehabilitation Protocol for Achilles Tendon Repair



Dr. Feinstein

	<b>WEIGHT BEARING</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0-2 WEEKS</b>	Non-WB in short leg splint	None	Hip, knee, and toe ROM as tolerated
<b>PHASE II 2-6 WEEKS</b>	Advance to full WB in CAM w/ 3 wedges	<ul style="list-style-type: none"> <li>• Active PF &amp; DF</li> <li>• DF to neutral</li> <li>• Avoid passive DF stretching</li> </ul>	Scar mobilization, edema control Weightbearing program
<b>PHASE III 6-12 WEEKS</b>	6-8wk: FWB in CAM w/ 2 wedges 8-10wk: FWB in CAM w/ 1 wedge 10-12wk: FWB in shoe w/ heel lift	<ul style="list-style-type: none"> <li>• Advance active ROM to full</li> <li>• Begin gentle passive DF stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Begin strengthening with Therabands</li> <li>• Okay to begin stationary bike (seated, low resistance)</li> <li>• Progress to calf raises then light closed-chain strengthening</li> <li>• Avoid heavy resistance strengthening</li> </ul>
<b>PHASE IV 12+ WEEKS</b>	FWB in shoe w/o heel lift	Aggressive ROM to full	<ul style="list-style-type: none"> <li>• Full ROM strengthening</li> <li>• Functional training</li> <li>• Light jogging at 12-14 weeks</li> <li>• Running &amp; agility drills at 16 weeks</li> <li>• Return to sports at 5-6 months</li> </ul>

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*If you have any problems or questions, please call your doctor's office (8am-5pm).  
Answering service for after hours.*

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