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Achilles Tendon Rupture / Repair Protocol

PHASE I

0-2 WEEKS

NWB with assistive device x 2 weeks
Immobilization in splint

PHASE II

2-6 weeks: 50 % WB with ROM walker boot
Active dorsiflexion, passive plantarflexion, ankle ROM

PHASE III

6-12 weeks: FWB at 6 weeks if incision healed
Begin PT at 6 weeks for strengthening

PHASE IV: POW 12-16

ROM/stretching Achilles as needed, other LE muscles
Gait: Ensure good gait pattern: heel-toe gait, good heel strike and push-off, stance
time equal left to right
SLB activities (eyes open/closed, head nods, arm movement)
Progress to multiple planes
Ankle theraband
Begin functional strengthening exercises
Leg press - bilateral
Leg press toes raises (bilateral, progress to unilateral)
Progress to WB bilateral toe raises
Proprioception activities – i.e. BAPS, balance board
Hip and knee PRE's
Soft tissue and joint mobs as needed
Stairmaster, bike for cardio
Ice as needed

Criteria to progress: Good gait mechanics

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ROM equal to opposite side
Controlled inflammation
No pain
Plantarflexor strength 4/5 (perform 10 partial to full toes raises)

PHASE V: POW 16-20

Progress previous exercises: hip and knee PRE's
Progress to WB unilateral heel raises
Stairmaster
Isokinetics for ankle (inv/ev, dors/pltf) – optional
Begin jumping progression: leg press, min-tramp, ground)
Functional rehab
 Forward dips multiple plane for balance
 Begin light plyos

Criteria to progress: ROM equal to opposite side
 Perform 20 unilateral toes raises (full range, pain-free)
 Perform bilateral jumping in place 30 seconds each F/B, L/R with
 good technique

PHASE VI: 5-6 months post-op

Progress previous exercises
Progress jumping to hopping
Begin jogging/running when hopping is performed with good technique
Sport specific drills for appropriate patients

Criteria to discharge non-athletes:

 Good gait pattern
 ADL's without difficulty
 Gastroc/soleus 4+ - 5/5 strength

Criteria to discharge athletes:

 Good gait pattern
 Patient performs the following tests within 80% of the uninvolved leg:
 Hop for distance
 Single leg balance reach
 Isokinetic strength test

Maintenance program should stress continued strength and endurance work at least 2-3 times per week.

Revised: 9/04