



Dr. Joshua Alpert  
 Post-Operative Rehabilitation Protocol:  
 Ankle - Achilles Tendon Repair

	<b>Weight Bearing/ Brace</b>	<b>Exercise</b>	<b>Precautions</b>	<b>Criteria to Progress</b>
<b>PHASE I</b> 0-2 weeks	NWB in cast, no physical therapy	No physical therapy.	Protecting repair. Cast in place.	
<b>PHASE II</b> 2-6 weeks	NWB in boot	No physical therapy	Protecting repair with boot or cast	
<b>PHASE III</b> 6-12 weeks	FWB with heel wedges and boot. Gradually remove heel wedges throughout this phase.	Focus on ROM. PROM/AAROM/AROM: ankle dorsiflex, inversion, eversion, ankle circles. Gentle stretching. ankle/foot mobilizations (talocrural, subtalar, midfoot). Hamstring stretch. Quad sets. Straight leg raise. Hip abduction. Prone hamstring curls. Stationary bicycle.	No strengthening of calf muscles. Avoid over-elongation of Achilles.	Full ROM. No swelling or pain.
<b>PHASE IV</b> 12-16 weeks	No brace. FWB. Normalize gait.	Start strengthening. Elliptical. Stair climber. Standing gastroc stretch and soleus stretch. Calf raises. Seated calf machine. Squat to chair. Hip hike. Lateral lunges. Single leg progression.		No swelling or pain after exercise. No swelling or pain after fast paced walking.
<b>PHASE V</b> 16-24+	No brace. FWB.	Continue strengthening and endurance. Initiate sport specific training.		Full recovery 4-6 months. Return to sport at 6 months.

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