

## **Dr. Allen Achilles Repair Post-Op Protocol**

### **Phase I: Protection (0-2weeks)**

- Non-weight bearing in boot (or splint) @ 30° PF
  - Boot/splint to remain in place at all times
  - Keep splint clean and dry, cover leg with a bag to shower
- Ice and elevation (strict elevation for first 24-48 hours)
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 1)
- Aspirin 81mg twice daily for DVT prophylaxis (4 weeks total)
- Wiggles toes, quad sets, 4-way SLRs, prone hamstring hangs, multi-hip

### **Phase II: Early Motion and Weight Bearing (2-8 weeks)**

- First post-op visit at 2 weeks, first PT appointment at 2 weeks
  - Wound check and suture removal at this visit
  - Ok to shower after first dressing change
  - Don't soak wound, pat dry and cover with fresh bandage
- Boot must remain in place nearly all the time (sleep in boot)
- Begin PWB (single crutch) in boot with 3 heel wedges (~30° PF)
  - Remove ~1 wedge (~10°) every 2 week
  - PWB to neutral ankle DF around week 5
- Ice and elevation
- Wean to Ibuprofen and Tylenol only for pain medication



- Finish Aspirin 81mg twice daily for DVT prophylaxis (4 weeks total)
- Begin AROM
  - PF/Inv/Ev as tolerated
  - DF to neutral only
- Wiggles toes, quad sets, 4-way SLRs, prone hamstring hangs, multi-hip

### **Phase III: Full Weight Bearing and Strengthening (6-12 weeks)**

#### Weeks 6-8

- Second post-op visit at 6 weeks
- Begin full weight bearing in the boot with no heel lifts
- Gait training
- Range of Motion
  - AROM as tolerated
  - Stationary bike in boot
- Strengthening
  - Ankle TheraBand
  - Submaximal Achilles Isometrics and Isotonics
- Low intensity balance exercises
- Joint mobilizations as needed

#### Weeks 8-12

- Transition to regular shoe wear
- Gait training
- Range of motion
  - Full ROM (PROM DF stretching)

-Strengthening

-Concentric heel raises, step ups

-Hamstring curls

-Squats, leg press, lunges

-Cardio

-Swimming, stationary bike

-Balance

-Double leg progressing to single leg balance exercises

**Phase IV: Functional (12-24 weeks)**

-Third post-op visit at 12 weeks

-Regain full motion, strength, and balance

-Standing Gastroc-Soleus stretch

-Eccentric heel rises, squats, dead lifts

-Normal gait

-Cardio

-Elliptical and stair climber

-Walk to jog to run program at 4 months

-Plyometrics, jumping/landing, agility drills around 5-6 months

-Sports specific drills at 6 months

-Job specific training

-Return to sport/labor work around 7-9 months