



Mid-America Orthopedics

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ACHILLES TENDON REPAIR PROTOCOL

8 Weeks Post-op

- **Brace:** CAM walker
- **Ambulation:**
 - FWB as of 6-8 weeks post op
- **ROM:**
 - Gentle AROM/PROM to tolerance
 - Seated BAPS
- **Strengthening:**
 - Isometric Eversion/Inversion/PF/DF
 - Knee extension exercises (SAQ, LAQ, SLR)
 - Knee flexion exercises (Ham sets, Hamstring curls)
 - Hip strengthening (Clams, Bridges)

10-12 Weeks Post-op

- **Brace:** CAM walker
- **ROM:**
 - Progress gradually as tolerated
 - Talocrural and subtalar joint mobilizations per patient need
- **Strengthening:**
 - Ankle and toe isometrics/isotonics
 - Toe curls
 - Knee strengthening: quads, hamstrings
 - Hip strengthening: i.e., SLR- all planes, clams (I and II), bridges

3 Months Post-op

- **Brace:** Transition from CAM to corset brace at 12 weeks post-op.
- **ROM:**
 - Progress to full ROM
 - Talocrural and subtalar joint mobilizations per patient need
- **Strengthening:**
 - Progress LE strengthening in both OKC & CKC
 - Progress Balance activities: perturbations, vary surfaces
- **Balance activities:** vary surfaces, add perturbations if appropriate

- **Aerobic:**
 - Stationary Bike
 - Elliptical
 - Swimming

5 months post op

- **ROM/Strengthening/Balance:** Continue to progress toward sports/activity specific exercises
- **Aerobic:**
 - Light jog
 - Elliptical
 - Bike
 - Stair Climber

6 months post op

- Begin sports-specific training

8-9 months post op

- Full sports release per physician discretion

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.