

Achilles Rehabilitation Protocol

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Patient Name:

Date of Surgery:

Phase I - Initial phase - Weeks 0-2

Date: _____

- Splint for 2 weeks in 20 degrees of plantar flexion
 - Decrease angle of plantar flexion to 10 degrees at 2 weeks
- Suture removal and CAM boot with heel lift at 2 weeks
- Start range of motion exercises at 2 weeks
- Start full weight-bearing at 2 weeks in boot

Phase II - Passive phase - Weeks 3-6

Date: _____

- Foot is brought up to neutral position at 3 weeks. Continue full weightbearing
- Discontinue boot and ambulate in shoe with 1-cm heel lift at 4 weeks
- Achieve neutral position by 6 weeks
- Neutral position in CAM boot and full weight-bearing at 6 weeks

Phase III - Resisted phase - Weeks 7-10

Date: _____

- Progressive resistant exercises at 8 weeks
- Aggressive walking at 10 weeks

Phase IV - Long-range

Date: _____

- RTP 14 to 16 weeks after injury
- By 6 months, 93% of patients returned to full activity