



333 South Kirkwood Road, Suite 200  
Kirkwood, MO 63122

Office (314) 991-4335 Fax (314) 991-4340 Exchange: 888-456-8166

**Nathan A. Mall, MD**

**Collin Magilligan, NP**

### **Post operative physical therapy Achilles tendon repair protocol**

Phase I: (7-10 days post op)

- NWB in plaster splint in plantar flexion

Phase II: (first post op visit- 6 weeks)

- Switch to cam walker boot in neutral (flat foot). PWB, with crutches until 6 weeks post op.
- Walk with foot flat-no active plantar flexion
- Remove cam boot each day for active dorsi flexion to neutral; passive plantar flexion. No passive heelcord stretching.
- Can use exercise bike with boot on
- Active inversion and eversion R.O.M.

Phase III: (6 weeks post op)

- Begin active plantar flexion- begin with isometrics, progress to isotonic
- Dorsi flexion isotonic
- Achilles tendon stretch with towel. R.O.M.
- Begin FWB at 6 weeks
- Wear cam boot up to 8 weeks post-op. Can use high top shoe after cam boot.

Phase IV: ( 12 weeks post-op)

- Continue plantar flexion and dorsi flexion isotonic
- Add isokinetic
- Continue inversion/eversion isotonic.
- Proprioception training
- Retro program, stairmaster, versaclimber