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Physical Therapy Protocol – Achilles Tendon Repair Protocol

Weeks 0-2

- Equinus cast in 15-20° plantarflexion (posterior plaster splint if swelling severe).
- Non weight bearing

Weeks 2-4

- Removable fixed ankle walker with 1” heel lift (4 separate ¼” lifts stacked)
- Partial weight bearing with crutches, progress to full weight bearing between 3-4 weeks
- Patient may remove boot for active plantarflexion (unrestricted) and dorsiflexion to neutral

Weeks 4-8

- Patient continues full weight bearing in the boot.
- Remove ¼” heel lift each week with goal of no lift in boot at 8 weeks
- May begin progressing dorsiflexion stretching and resisted plantarflexion at 6 weeks

Weeks 8-12

- Discontinue boot after 1 week of ambulating with no lift
- Progress strengthening, range of motion and proprioception under guidance of physical therapist