

Ohio Orthopaedics & Sports Therapy, Inc.
PHYSICAL THERAPY PROTOCOL – ACHILLES TENDON REPAIR
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Week 1

The patient is non-weight bearing as range of motion is initiated with gentle strengthening exercises.

Weeks 2-3

Transition of continuation of range of motion and strengthening. Patients begin to perform partial weight bearing in a hinged orthosis. Remove 1 peel-away heel lift every 5 days until all are removed. Exercises include cycling and pool activities.

Weeks 4-5

Patients continue in the hinged orthosis and walk with use of a cane. Exercises are increased in intensity.

Weeks 6-12

Protocol continues with respect to range of motion, strengthening, and weight bearing. In addition, patients commence using a stair climbing machine and begin to run in a pool.

Weeks 12+

Toe raises commence and continue through week 6. Jogging increases.