



TEXAS BONE & JOINT

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Dr. Payne Achilles Tendon Repair Protocol

The intent of this protocol is to provide the clinician with a guideline of postoperative rehabilitation course. It is not intended to be a substitute for appropriate clinical decision making regarding the progression of a patient's postoperative course. The actual post-surgical physical therapy management must be based on the surgical approach, physical exam/findings, individual progress, and/or the presence of post-operative complications. If a clinician requests assistance in the progression of a patient post-surgery, they should consult Dr. Payne.

Phase I - Immediate Post-Surgical Phase (Weeks 1-6):

Phase I (Weeks 0-2)

- Weightbearing: Non-weightbearing using crutches
- Brace: Patient in plantarflexion splint
- No Formal PT

Phase II (Weeks 2-6)

- Weightbearing: As tolerated in CAM Walker Boot with Heel Wedges in place (first wedge removed at 4 weeks, second wedge removed at 6 weeks) -- discontinue crutch use
- Brace: CAM Walker Boot at all times except showering and when working with PT
- Range of Motion - PROM/AROM/AAROM of the ankle from full plantarflexion to neutral (NO DORSIFLEXION PAST NEUTRAL), Inversion/Eversion, Toe Flexion/Extension
- Therapeutic Exercises
 - o Seated heel raises
 - o Isometric dorsiflexion to neutral
 - o Resistance bands for plantarflexion/inversion/eversion
 - o Proprioception exercises - single leg stance with front support to avoid excessive dorsiflexion
 - o Soft tissue mobilization/scar massage/densitization/edema control

Phase III (Weeks 6-12)

- Weightbearing: Full weightbearing in sneaker
- Range of Motion - PROM/ AROM/ AAROM of the ankle - progressive dorsiflexion - 10° intervals (10° of dorsiflexion by post-op week 8, 20° by week 10, 30° by week 12)
- Therapeutic Exercises
 - o Standing heel raises
 - o Single leg eccentric lowering
 - o Step-ups, side steps
 - o Proprioception exercises - balance board

Phase IV (Months 3-6)

- o Progress with strengthening, proprioception and gait training activities
- o Begin light jogging at 12-14 weeks
- o Running/cutting at 16 weeks
- o Return to sports at 6 months

Special Instructions/Precautions:
