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Patient name: _____

Date: _____

**PHYSICAL THERAPY PRESCRIPTION AND PROTOCOL:
Achilles Tendon Repair**

General

- Patient usually NWB (non-weight bearing) for 3-4 weeks unless otherwise indicated.
- Use heel lift for 2-4 weeks once bearing weight.
- PT usually begins at 4-5 weeks post-op unless otherwise indicated.
- Physician will indicate when to progress phases.

Phase I (at least partial weight bearing) – begins at 4-5 weeks post-op

- Gait training with CAM walker (wean from heel lift after 2-4 weeks)
- Soft tissue massage and/or modalities as needed
- Towel calf stretch (gentle – should be without pain only; no further)
- Low resistance Theraband exercises – dorsiflexion, plantarflexion, inversion, eversion
- Sitting calf raises (no resistance)
- Straight leg raises
- BAPS board - sitting
- LIGHT bicycle (minimal resistance) only if range of motion allows

Progress to Phase II when:

- tolerates all Phase I without pain or significant increase in swelling
- ambulates FWB (full weight bearing)
- ROM for plantarflexion, inversion and eversion are normal
- dorsiflexion is to approximately neutral

Phase II – start 7-8 weeks post-op

- Gait training without heel lifts
- Soft tissue work and/or modalities as needed
- Standing gentle gastroc and soleus stretches
- Bicycle - light resistance as tolerated
- Leg press / quad strengthening
- Seated calf raises (sub-maximal bilateral to unilateral)
- Begin standing calf raises at 9-10 weeks
- BAPS board standing (with support as needed)
- Step-ups / step-downs
- Unilateral stance; balance activities with challenges if appropriate (such as ground clock)
- Mini-squats

Progress to Phase III when:

- cleared by physician
- can do each of Phase II activities without pain or swelling
- ROM equal bilaterally
- able to do bilateral calf raise without difficulty and weight equal bilaterally
- unilateral stance balance equal bilaterally

Phase III – generally not before 10-12 weeks

- Gait training without CAM walker or other assistive device
- Bicycle with progressive resistance
- Stairmaster – short steps, minimal resistance; slowly advance
- Standing calf raises - progress to unilateral (generally at 16 weeks)
- Jogging to running when pain-free (usually about 16 weeks)
- Full / maximal one leg progressive resistance exercises (generally at 16 weeks)
- Agility & sport-specific drills: cutting, side shuffles, jumping, hopping drills (generally not before 16-20 weeks. Should be discussed with physician first.)

Frequency: 2-3x per week**Duration: 12-16 weeks****Special instructions:** _____

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