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Achilles Repair Post Operative Physical Therapy Protocol

Patient Name: _____ Date: _____

Surgery: Right/Left Achilles Repair

Date of Surgery: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

0-2 WEEKS

NWB with assistive device x 2 weeks
Immobilization in splint

2-6 weeks

50 % WB with ROM walker boot
Active dorsiflexion, passive plantarflexion, ankle ROM

6-12 weeks

FWB at 6 weeks if incision healed
Begin PT at 6 weeks for strengthening
Begin Active Plantar Flexion – begin with isometrics, progress to isotonic
Wear CAM Walker Boot up to 8 weeks post-op. Can use high top shoe after CAM Walker

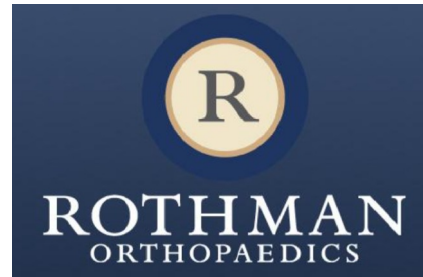
12-16 weeks

ROM/stretching Achilles as needed, other LE muscles
Gait: Ensure good gait pattern: heel-toe gait, good heel strike and push-off, stance time equal left to right
SLB activities (eyes open/closed, head nods, arm movement)
Progress to multiple planes
Ankle theraband
Begin functional strengthening exercises
Leg press - bilateral
Leg press toes raises (bilateral, progress to unilateral)
Progress to WB bilateral toe raises
Proprioception activities – i.e. BAPS, balance board
Hip and knee PRE's
Soft tissue and joint mobs as needed
Stairmaster, bike for cardio
Ice as needed

Criteria to progress:

Good gait mechanics
ROM equal to opposite side
Controlled inflammation
No pain
Plantarflexor strength 4/5 (perform 10 partial to full toes raises)

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16-20 weeks

Progress previous exercises: hip and knee PRE's
Progress to WB unilateral heel raises
Stairmaster
Isokinetics for ankle (inv/ev, dors/pltf) – optional
Begin jumping progression: leg press, min-tramp, ground)
Functional rehab
Forward dips multiple plane for balance
Begin light plyos
Criteria to progress: ROM equal to opposite side
Perform 20 unilateral toes raises (full range, pain-free)
Perform bilateral jumping in place 30 seconds each F/B, L/R with good technique

5-6 months post-op

Progress previous exercises
Progress jumping to hopping
Begin jogging/running when hopping is performed with good technique
Sport specific drills for appropriate patients

Criteria to discharge non-athletes:

Good gait pattern
ADL's without difficulty
Gastroc/soleus 4+ - 5/5 strength

Criteria to discharge athletes:

Good gait pattern
Patient performs the following tests within 80% of the uninvolved leg:
Hop for distance
Single leg balance reach
Isokinetic strength test
Maintenance program should stress continued strength and endurance work at least 2-3 times per week

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities

Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before

Ice after Trigger points massage Therapist's discretion

Signature _____ Date _____