Progressive Achilles Rehab

Phase	Restrictions and Precautions	Physical Therapy Treatment	Goals
Stage 1 0-2 weeks	NWB in boot with heel 2 heel lifts in place Edema Management- May remove boot to ice 20 min 3-4 times daily	Safety with NWB to affected extremity Manage edema	Healing of post-operatve wound. Stitches typically will be removed at 2 week post op visit.
Stage 2 2-4 weeks	Advance weight bearing in boot with wedges as tolerated. May start with crutches or walker and transition off Control ankle motion. No dorsiflexion past neutral If incision is healed, may start Vitamin E massage	ROM from neutral to plantar flexion Modalities and patient education to control swelling If incision is healed, scar massage Open chain strengthening for core, hips, knees in boot	Protect repair Mange edema Increase ROM while maintaining precautions Minimize the loss of strength in the core, hips and knees Independence with home exercise program to be performed daily
Stage 3 4-8 weeks	Once fully weight bearing in boot may start weaning one layer of wedge out every 4 days. At six weeks may start transitioning out of boot to athletic shoe slowly No dorsiflexion past neutral until at least 6 weeks post op Continue Vitamin E scar massage	Continue ankle ROM. At 4 weeks may dorsiflex to neutral. At 6 weeks may allow slow progression past neutral Foot and ankle strengthening exercises Joint mobilization techniques by the PT to restore motion of the foot and ankle Activity progression with PT guidance Cardiovascular- progress to stationary bike (in boot until 6 week)	Full ROM of foot and ankle except dorsiflexion Restore proximal strength/control of the core, hip and knee Full weight bearing in boot by 6 weeks and weaning layers of wedges down Transitioning out of boot during the 6-8 weeks

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Stage 4 8-12 weeks	Weight bearing in shoe weaning layers of wedge completely No weight bearing stretching of gastrocnemius or coleus. Continue to use caution with any dorsiflexion past neutral Continue with edema control measures Continue with Vitamin E massage on incision	Continue gait training Functional activities, closed kinetic chain exercises Begin supervised heel lifts processing to single heel lifts then transitioning to a home program	Full ROM Full strength of lower extremity muscles except calf Once ROM, strength and gait goals are met may return to regular functional activities (except sports and weight bearing fitness activities) Improved gait pattern
Stage 5 12-14 weeks	Avoid high impact and pivot activities No weight bearing stretching of gastrocnemius or soleus	Single leg closed chain and progress to varying surfaces Fitness/ cardiovascular exercises to include elliptical, walking on treadmill, stair master Advance functional training to include sports specific movement patterns	Normal gait and ROM Good balance and proprioception of bilateral lower extremities Full strength and motor control of bilateral lower extremities Gradual return to minimal or low impact sports (cycling, rowing, swimming, stair master, elliptical)

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Stage 6 12-24+	No running or pivoting until 6 months post-operative	Bilateral plyometric progression and progress to unilateral plyometrics Sports specific training and conditioning (may progress wit high impact if indicated)	Normal gait pattern with walking Gradual return to activities with multi-planar movement or even surfaces
6 Months	Gradual return to high impact sports once cleared by PT and surgeon. May take up to one year for full functional return		