



# UNIVERSITY ORTHOPAEDIC CENTER, P.A.

## Achilles Tendon Repair

Dr. Longobardi

TIME	GOALS	INTERVENTION	MODALITIES	WEIGHT BEARING STATUS
<b>Week 0-2</b>	1) Reduce swelling 2) Reduce inflammation 3) Protect from injury/ disruption of surgical site 4) Remain NWB	1) <b>PROM</b> full PF, gentle DF within painful limits <b>DO NOT OVERSTRESS DF &amp; REPAIR!!</b> 2) <b>AROM</b> progressive DF 3) Knee AROM	Phonophoresis Ultrasound Aquatic Therapy Whirlpool Cryotherapy Vasopneumatic device E-Stim <b>Consider a home E-Stim unit</b>	Immobilized in CAM and adjust PF as DF improves  NWB until ankle at neutral
<b>Week 2-4</b>	1) Initiate weight bearing in CAM (if ankle at neutral) 2) Progress HEP	1) Progress ROM 2) Knee AROM	As above	Continue CAM walker adjustment  Heel touch weight bearing <i>*** once ankle at neutral ***</i>
<b>Week 4-6</b>	1) Progress weight bearing in CAM 2) Progress HEP	1) Initiate quad AROM/ strengthening	As above	PWB in CAM walker
<b>Week 6-8</b>	1) Achieve full PF/DF 2) Progress off crutches		As above	WBAT in CAM walker
<b>Week 8-12</b>	1) Continue to progress assistive devices 2) Progress HEP	1) Begin active PF 2) Begin gentle strengthening of PF/DF	As above	

No significant precautions with knee flexion

Progression out of CAM is dependent on DF ROM and quality of gait

**Patients:** protect repaired Achilles tendon, decrease swelling w/ RICE, achieve full DF, remain on crutches for appropriate period of time as recommended by physician and physical therapist, be compliant w/ rehab and HEP



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