

## Achilles Post Surgical Rehabilitation Protocol: please follow exactly under PT guidance

Weeks after surgery	Weight bearing (WB) status	Heel wedge/lift	Range of Motion (AROM=active range of motion, PROM=passive)	Strengthening	Exercise modalities	Other
Weeks 0-2	Non-weight bearing	n/a	none	none	n/a	n/a
Weeks 2-4	Toe touch WB in boot	3 wedges	AROM only, active dorsiflexion to <b>(-10)</b> degrees max	muscle stimulation only	n/a	Blood flow restriction
Weeks 4-6	Partial WB 50% in boot	2 wedges	AROM only, active dorsiflexion to neutral	muscle stimulation only	n/a	Blood flow restriction
Weeks 6-8	Full WB (FWB) in boot	1 wedge	AROM only, no degree restriction	therabands progressing to seated calf raises	can start stationary bike-low resistance, no out of saddle	Blood flow restriction
Week 8	FWB, wean out of boot to sneaker	Change to 3 heel lifts in shoe	AROM only, no degree restriction	therabands progressing to seated calf raises	can start stationary bike-low resistance, no out of saddle	Blood flow restriction
Week 9	FWB sneaker	2 heel lifts	AROM only, no degree restriction	therabands progressing to seated calf raises	can start stationary bike-low resistance, no out of saddle	Blood flow restriction
Week 10	FWB sneaker	1 heel lift	continue AROM, start gentle PROM/stretching as tolerated, no degree restriction	light closed chain strengthening, double limb heel raises	can ride stationary bike out of saddle	Blood flow restriction
Week 11	FWB sneaker	none	AROM, PROM	light closed chain strengthening, double limb heel raises	can ride stationary bike out of saddle, jogging	Blood flow restriction
Week 12	FWB sneaker	none	AROM, PROM	heavy resistance strengthening as tolerated, open chain exercises	can start running, plyometrics as needed for return to sports	Blood flow restriction

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