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Post-Operative Instructions for Achilles Tendon Reconstruction

Patient usually NWB for 6 weeks unless otherwise indicated.
PT usually begins at 6 weeks post-op unless otherwise indicated.

Phase I (at PWB beginning at 6 weeks post-op)

Gait training
Soft tissue massage and/or modalities as needed

Exercises:

Towel calf stretch (without pain)
Theraband exercises – dorsi and planterflexion, inversion, eversion
Sitting calf raises
Straight leg raises
BAPS in sitting
Bike light if ROM (range of motion) allows
May perform pool exercises also

Progress to Phase II when:

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

Phase II (Generally 6-8 weeks post-op)

       Gait training
       Soft tissue work and/or modalities as needed

       Exercises:

       Standing gastroc and soleus stretches
       Bike light to moderate resistance as tolerated
       Leg press

- quads bilateral to unilateral
- calf raises (sub-maximal bilateral to unilateral)

Sitting calf raises to standing at 8-10 weeks
BAPS board standing (with support as needed)
Step ups
Step downs
Unilateral stance; balance activities with challenges if appropriate
May continue pool

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 12 weeks)

Gait normal without device
Standing calf raises to unilateral
Outdoor biking
Full/maximal one leg PRE's [progressive resistance exercises]
Agility drills (generally not before 16 weeks)
   - jogging to running when pain-free
   -sport-specific; cutting, side shuffles, jumping, hopping