



Achilles Tendon Repair

NWB for 2-3 weeks

Week 0-6

- Flexion/Extension of toes in a supine position
- Extension of knee from sitting position
- Flexion of knee in a prone position
- Extension of hip in prone position
- After cast is off then active dorsiflexion of ankle to neutral and gravity assisted flexion as tolerated

Week 6-9

- Active ankle flexion and extension with manual help
- Rotation of ankle in both directions
- Standing on toes and heels alternating
- Ankle dorsiflexion against rubber strip
- Plantarflexion stretch
- Begin gentle “sprinters” stretch start standing close to wall

Week 9-12

- Raising and lowering of the heel first with both feet then with one at a time
- Sport cord exercises
- Stretch calf
- Progress to weight training

Week 12

- Progress with weight training
- Begin treadmill work
- Progress to plyometrics at week 16

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