

Achilles Tendon Tear Surgical Repair Rehab Protocol

Stage 1

Stage 2

Stage 3

Stage 4

Stage 5

WOUND HEADING

0 – 2 WEEKS

- Leave backslab clean, dry, UNDISTURBED
- NWB (Non Weight Bearing)

Achilles Tendon Tear Surgical Repair Rehab Protocol

Stage 1

Stage 2

Stage 3

Stage 4

Stage 5

GENTLE RANGE OF MOTION

2 – 3 WEEKS

Physiotherapy treatment to commence

Treatment

- Camboot with 3 heel pads
- Full weight bearing – use of two crutches if needed
- Remove camboot for washing and aerating the foot

When camboot is removed, NO weight bearing or dorsiflexion

Exercise Suggestions

ROM & Flexibility:

- Plantarflexion maximally
- No dorsiflexion
- Gait training and balance exercises with the camboot, without crutches
- Other knee/hip exercises with no ankle involvement

4 WEEKS

Treatment

- Camboot with 1 heel pad
- Full weight bearing

Exercise Suggestions

ROM & Flexibility:

- Plantarflexion maximally
- No dorsiflexion
- Exercise bike wearing the camboot
- Gait training and balance exercises with the camboot
- Other knee/hip exercises with no ankle involvement

Achilles Tendon Tear Surgical Repair Rehab Protocol

Stage 1

Stage 2

Stage 3

Stage 4

Stage 5

STRENGTHENING

5 WEEKS

Treatment

- Camboot without heel pad, full weight bearing

Exercise Suggestions

- Plantarflexion maximally
- Dorsiflex to neutral only
- Exercise bike wearing camboot
- Gait training and balance exercises with the camboot
- Other knee/hip exercises with no ankle involvement

Muscle Strength and Endurance

- Continue with lower extremity strengthening with specific emphasis on specific deficits.

6 - 8 WEEKS

Treatment

- Wean off camboot
- Use of shoes with heel-lift (bilateral) for four weeks
- Compression stocking to prevent swelling

Exercise Suggestions

- Plantarflexion and dorsiflexion AS TOLERATED
- Exercise bike wearing the camboot
- Active ROM
- Active plantarflexion
- Gait training and balance exercises
- Other knee/hip exercises with no ankle involvement

8 - 10 WEEKS

Treatment

Achilles Tendon Tear Surgical Repair Rehab Protocol

Stage 1

Stage 2

Stage 3

Stage 4

Stage 5

-
- Use of shoes with heel-lift (bilateral) until 10 weeks after surgery
 - Compression stocking to prevent swelling

Exercise Suggestions

- As described above in 6-8 Weeks – increase intensity

It is important that all exercises are performed slowly and carefully

Achilles Tendon Tear Surgical Repair Rehab Protocol

Stage 1

Stage 2

Stage 3

Stage 4

Stage 5

PROPRIOCEPTION AND ADVANCED STRENGTHENING

(learning to sense movement within joints AND the joint's position)

After 12 WEEKS

Treatment

- Use of regular shoes after 10 weeks
- Barefoot after 12 weeks

Exercise Suggestions

- Intensify the exercises by increasing load
- Start gentle jog
- Start with two legged jumps and increase gradually

ACL Reconstruction Rehab Protocol

Stage 1

Stage 2

Stage 3

Stage 4

Stage 5

RETURN TO SPORT

- Return to competitive sport once all goals achieved

AND

- Physio and Surgeon have declared you fit to do so