

Physical Therapy Prescription for:

label

Diagnosis: Achilles Tendon Rupture
Surgical Procedure: Achilles Tendon Repair
Date of Surgery:
Eval & Treat: 2x/week x 16 weeks

Phone: 212-305-3934
Fax: 212-305-4040
columbiaortho.org

ROM GUIDELINES:

- Weeks 2-4: active dorsiflexion to NEGATIVE 10 degrees, AROM only
- Weeks 4-6: active dorsiflexion to neutral only, AROM only
- Weeks 6-10: active dorsiflexion as tolerated, AROM only
- Week 10: continue AROM, start gentle PROM/stretching as tolerated

Immediate Postoperative Period: 0-2 weeks:

- Elevate foot to eliminate swelling
- NWB in plaster splint

Weeks 2 to 6 (Goal: edema control, protect repair, early ankle mobility):

- Partial weight bearing in boot with heel lift
 - Week 2-4: 3 wedges
 - Week 4-6: 2 wedges
- Early ankle mobility
- Straight leg raises
- Weeks 2-6: muscle stimulation only
- **Blood flow restriction:** starting weeks 2-3 during AROM, continuing with progression to open and closed chain exercises

Weeks 6 to 8 (Goal: protect repair, regain PROM, begin strengthening):

- Weight bearing as tolerated in boot with heel lift (1 wedge)

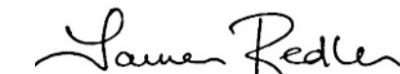
- Ok to remove boot to sleep
- Weeks 6-10: Therabands progressing to seated calf raises; ok to start stationary bike-low resistance, no riding out of saddle
- Gait retraining
- Gentle progressive stretching

Weeks 8 to 12 (Goal: walk normally):

- Wean out of boot to sneaker with heel lifts x3, remove one layer of lift each week in sneaker until flat (by week 11)
- Week 10: light closed chain strengthening, double limb heel raises, ok to ride stationary bike out of saddle, high resistance
- Double leg heel raises
- Reconditioning, Strengthening
- Weeks 10-12: light jogging

Weeks 12 to 16 (Goal: return to sport training):

- Can start heavy resistance strengthening as tolerated, open chain exercises, start running, plyometrics as needed
- Cutting, side-to-side maneuvers, agilities
- Sport specific training
- Plan for return to sport by 4-5 months



Lauren H. Redler, M.D.

_____ Date