

## Achilles Tendon Repair Protocol

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-4 weeks	NWB	0-2 weeks: Post-op splint  2-4 weeks: Post-op cast or CAM boot	N/A	N/A
<b>PHASE II</b> 4-8 weeks	Progress weight-bearing as tolerated	4-6 weeks: CAM boot with 2 cm heel lifts (20° PF)  6-8 weeks: CAM boot with 1 cm heel lift	Gentle passive inversion/eversion below neutral Initiate active PF and DF to neutral NO passive DF/heel cord stretching	Stationary bike Knee/hip strengthening without ankle involvement
<b>PHASE III</b> 8-12 weeks	Weight-bearing as tolerated	8-10 weeks: CAM boot without heel lift  10-12 weeks: Gradually wean away from boot	Full	Light resisted DF/PF with knee flexed Inv/Ev isometrics Graduated resistance exercises (open and closed chain + functional activities) Proprioceptive and gait training
<b>PHASE IV</b> ➤ 12 weeks	Full	None	Full	Progress resistive DF/PF Retrain strength, power, endurance Sport specific activities