

Achilles Tendon Surgical Repair – Rehabilitation Guidelines

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0 to 2 Weeks Post-op

- No weight bearing
- Keep splint on and dry

2 to 8 Weeks

- Walker boot full time except for exercises:
 - In seated position, raise foot up to no higher than the 'neutral' or '90°' position
 - Allow foot to gently lower back to a toe-down position
- May start **gradual** weight bearing in walker boot as pain allows
- Start with 4 heel wedges (each ½ inch thick) in a walker boot and remove 1 wedge every week
 - After 6 weeks, all wedges should be removed

After 8 Weeks Post-op

- Discontinue walker boot
- Weight bearing as tolerated
- Start **slow gradual stretching and strengthening**
 - Only as pain and comfort allows – go slowly
- May start gentle cycling and swimming once walking comfortably

After 3 Months

- Start heel raises on both feet
- Gradually progress to single heel raise

After 6 Months

- Continue gradual return to full activities
- Progress sport specific training if:
 - No pain
 - Full motion
 - Full strength
- Return to a court sport or competitive activity with sudden change of direction should typically wait until 9 months