



Time Frame	Non-Surgical	Surgical
0 – 2 weeks	<ul style="list-style-type: none"> • Non-weight bearing • Walker in full plantar flexion 	<ul style="list-style-type: none"> • Non-weight bearing • Cast/Splint in full plantar flexion
2 – 4 weeks	<ul style="list-style-type: none"> • Full plantar flexion walker • Touch weight bearing with crutches • Gentle active dorsiflexion to neutral • Gentle inversion/eversion • Knee/Hip bending exercises 	<ul style="list-style-type: none"> • Full plantar flexion walker • Touch weight bearing with crutches • Gentle active dorsiflexion to neutral • Gentle inversion/eversion • Knee/Hip bending exercises • Wound care to soften and mobilize scar tissue (massage, ultrasound, vitamin E cream, etc.)
4 – 6 weeks	<ul style="list-style-type: none"> • Plantar flexion walker • Weight bearing as tolerated 	<ul style="list-style-type: none"> • Plantar flexion walker • Weight bearing as tolerated
6 – 8 weeks	<ul style="list-style-type: none"> • Neutral ankle position • Weight bearing as tolerated • Gentle dorsiflexion past neutral • Graduated resistance exercises (open & close kinetic chain) • Balance & Gait training • Ultrasound, massage, ice, heat • Hydrotherapy 	<ul style="list-style-type: none"> • Neutral ankle position • Weight bearing as tolerated • Gentle dorsiflexion past neutral • Graduated resistance exercises (open & close kinetic chain) • Balance & Gait training • Ultrasound, massage, ice, heat • Hydrotherapy
8 – 12 weeks	<ul style="list-style-type: none"> • Wean off walker • Gentle progressive physiotherapy 	<ul style="list-style-type: none"> • Wean off walker • Gentle progressive physiotherapy
>12 weeks	<ul style="list-style-type: none"> • Physiotherapy strength + motion • Increase dynamic weight-bearing exercises, include plyometric training • Sport-specific training • Return to sports when >80% strength relative to other side 	<ul style="list-style-type: none"> • Physiotherapy strength + motion • Increase dynamic weight-bearing exercises, include plyometric training • Sport-specific training • Return to sports when >80% strength relative to other side



ALEXANDER
RABINOVICH
ORTHOPAEDIC SURGEON
BSc MD FRCSC

ACHILLES TENDON REHABILITATION PROTOCOL

Important Information to Patients:

- Must wear boot while sleeping to prevent sudden movement of healing tissues
- Can remove boot while bathing/dressing, but must adhere to weight-bearing restrictions

c/o Performance Physiotherapy
50 Dundurn Street South, Unit II4
Hamilton, Ontario
L8P 4W3, Canada

PHONE: 289. 389. 8181
FAX: 289. 389. 8111
office@DrAlex.ca
www.DrAlex.ca