

## Achilles Tendon Repair

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	WEEKS 7-8	WEEK 9-12+
NWB Large splint in place  Heel Slides  Quadricep Sets  Gluteal Sets  Hip and Knee Open Chain Strengthening  <b>Compressive stocking as needed for swelling control.</b>  <b>Physical therapy is initiated early to promote blood flow and healing as well as decrease swelling and pain. This should allow for a steady progress of exercise, gait and balance.</b>	WBAT in CAM boot, assistive device as needed  Initiate PT, 2-3x/week for edema, decongestive massage, pain control and exercise.  After stitches are removed, start gentle scar mobilization.  Start pool therapy with occlusive dressing or well healed wound.  Gentle AROM and PROM to full for inversion, eversion and plantarflexion.  Submax ankle isometrics for DF, Inv, Ev  Joint mobilizations for accessory motions  Gait training.  Hip, Quad and Hamstring Strengthening	WBAT avoiding strong heel strike. ASO with heel lift in supportive shoes.  Continue with edema control  Exercise Bike  PROM to full for dorsiflexion with knee flex, as tolerated.  Plantarflexion isometrics  Seated to standing BAPS board  Ankle isotonic for DF, Inv, Ev  Seated heel raises  Total Gym or Leg Press with light weights  Progress pool therapy  PT 2-3x/week	WBAT, avoiding heavy impact at heel. Heel lift in shoe.  Progress ROM, accessory joint mobs to full.  Dorsiflexion to full, gradually to straight knee.  Gastroc-soleus stretching program, progress to unrestricted.  Leg Press  Plantar flexion isotonic  Lateral Step ups  Double leg balance  Gait activities  Progress pool therapy  PT 2-3x/week	Single leg balance and proprioception  Standing heel raises, double leg to single leg  Wall squats/ sits  Address functional activity demands.  Begin running program at 12 weeks.          PT 2x/week with decrease in frequency as tolerated.
Any Questions? Please contact: <b>Northwoods Therapy Associates</b> Altoona, WI    Chippewa Falls, WI (715) 839-9266    (715) 723-5060				
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