

## Robert Kollmorgen DO

### Achilles Tendon Repair Protocol

#### **Post-op Days 1 – 10**

L & U Splint – Watch for skin breakdown  
Crutches – non weight bearing (NWB)  
Active motion (AROM) hip and knee  
Wiggle toes  
Straight leg raise (SLR) x 4  
Lower extremity (LE) stretches – Hamstring, quads, ITB, hip flexors  
Ice and Elevation

#### **Goals**

Pain management  
Protection

#### **Days 10 – 21**

D/C Splint and remove sutures (Ortho)  
Cam walker with ½ inch heel lift  
Crutches – Partial weight bearing (PWB)  
Continue appropriate previous exercises  
Isometrics x 3 **No Plantar flexion (PF)**  
Gentle **active DF, INV, EV**  
**Passive PF** to tolerance – sit with leg in dependent position  
SLR x 4 with weight mid calf  
Short arc quad (SAQ)  
Upper body exercises (seated or bench only – no pushups)  
Ice as needed

**Goal** – Minimize quad atrophy

#### **Weeks 3 – 4**

Cam walker with ¼ inch heel lift  
Crutches – weight bearing as tolerated (WBAT)  
Continue appropriate previous exercises  
Scar massage/mobilization with oil/cream  
Weight shifts

**Goal** – No adhesions

#### **Weeks 4 – 6**

Cam walker with no lift  
Crutches – Full weight bearing (FWB), D/C when gait is WNL  
Continue appropriate previous exercises  
Isometrics x 4  
Towel crunches and side-to-side  
Steamboats (Theraband x 4 while standing on involved LE) in cam walker  
Mini-squats, Wall squats, Total gym in cam walker  
Stationary bike in cam walker with the heel on the pedal

**Goal** – Neutral DF (0 degrees)

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### **Weeks 6 – 8**

Taper out of cam walker at home, but wear outside of home

Continue appropriate previous exercises

Ankle AROM including plantar flexion – Calf pumping, alphabet, rotations

Light Theraband x 3 – **NO plantar flexion**

Seated BAPS

Stationary bike in cam walker with toes on the pedal

Pool therapy – Aqua-jogger in deep water

#### **Goals**

10 degrees DF

Normal gait

### **Weeks 8 – 12**

Transition from cam walker to ankle brace

Continue appropriate previous exercises

Theraband ex x 4 – Gradually increase resistance

Elgin

Double leg heel raises

Leg press, knee ext, Hamstring curl, hip weight machines

Forward, retro and lateral step downs

Proprioception ex – Double leg BAPS

– Progress to single leg BAPS, ball toss, body blade

Pushup progression

Pool therapy – Chest (waist) deep

Treadmill – Walking progression program

Elliptical trainer

#### **Goals**

Symmetrical DF

Walk 2 miles at 15 min/mile pace

### **Months 3 – 4**

D/C brace

Continue appropriate previous exercises

Single leg heel raises

Functional activities – Fitter, slide board, figure 8's, gentle loops, large zigzags

Treadmill – Running progression program

Stairmaster

#### **Goals**

No calf atrophy

Run 2 miles at easy pace

### **Months 4 – 6**

Continue appropriate previous exercises

Running progression program – Progress to track and hard surfaces

Agility drills / Plyometrics

Transition to home / gym program

#### **Goals**

Return to all activities

Pass APFT at 6 months post-op

**No contact sports until 6 months post-op**