Achilles Tendon Repair

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Patient_____
DOS_____

	WEEKS 2 4		WEEKC 7 0	WEEK 0.12
WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	WEEKS 7-8	WEEK 9-12+
NWB Large splint in place	WBAT in CAM boot, assistive device as needed	WBAT avoiding strong heel strike. ASO with heel lift in	WBAT, avoiding heavy impact at heel. Heel lift in shoe.	Single leg balance and proprioception
Large spint in place	device as needed	supportive shoes.	at heef. Heef hit hi shoe.	proprioception
Heel Slides	Initiate PT, 2-3x/week for	supportive shoes.	Progress ROM, accessory joint	Standing heel raises, double
	edema, decongestive massage,	Continue with edema control	mobs to full.	leg to single leg
Quadriceps Sets	pain control and exercise.			
		Exercise Bike	Dorsiflexion to full, gradually	Wall squats/ sits
Gluteal Sets	After stitches are removed, start		to straight knee.	
	gentle scar mobilization.	PROM to full for dorsiflexion		Address functional activity
Hip and Knee Open Chain	Stort model thereasy with	with knee flex, as tolerated.	Gastroc-soleus stretching	demands.
Strengthening	Start pool therapy with occlusive dressing or well	Plantarflexion isometrics	program, progress to unrestricted.	Begin running program at 12
Compressive stocking as	healed wound.	r lantamexion isometries	umestricted.	weeks.
needed for swelling control.	noulou would.	Seated to standing BAPS board	Leg Press	weeks.
8	Gentle AROM and PROM to			
Physical therapy is initiated	full for inversion, eversion and	Ankle isotonics for DF, Inv, Ev	Plantar flexion isotonics	
early to promote blood flow	plantarflexion.			
and healing as well as		Seated heel raises	Lateral Step ups	
decrease swelling and pain. This should allow for a steady	Submax ankle isometrics for	Tatal Come on Los Dress with	Deuble les helenes	
progress of exercise, gait and	DF, Inv, Ev	Total Gym or Leg Press with light weights	Double leg balance	
balance.	Joint mobilizations for	inght weights	Gait activities	
	accessory motions	Progress pool therapy		
			Progress pool therapy	
	Gait training.			
		PT 2-3x/week	PT 2-3x/week	PT 2x/week with decrease in
	Hip, Quad and Hamstring			frequency as tolerated.
	Strengthening			
Any Questions? Please contact:			1	1
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