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## **Guidelines for Rehabilitation Following Achilles Tendon Repair**

## This general program may be adjusted for individual surgeries:

## **General Post-Operative Plan:**

- Equinus cast x 2 weeks
- Gravity cast x 2 weeks
- Cast change weekly (plantigrade foot at 6 weeks)
- Partial weight-bearing at 6 weeks
- Full weight-bearing at 8 weeks

## Rehab Plan:

- At 8 weeks:
  - o gentle active range of motion x 20min (2 times/day)
  - o Isometric ankle exercises
  - Hip and knee strengthening exercises
- Later: progress to toe raises, increased resistance, proprioception