



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