

## **Achilles Tendon Conservative Treatment**

### **Physical Therapy Post-op Protocol**

#### **Weeks 0-2**

- Posterior mold splint or boot
- NWB with crutches or scooter

#### **Weeks 2-6**

- Transition to walking boot with heel wedges to achieve 40 degrees of plantarflexion
- WBAT in boot only, use crutches and scooter as needed
- Quad sets, hip abductor, core strengthening
- Active dorsiflexion to neutral
- Passive plantarflexion, no active plantarflexion
- Ok for Blood Flow Restriction

#### **Weeks 6-12**

- Full weight bearing, remove 1 heel wedge every 1 to 1.5 weeks to neutral position
- Once heel lift fully removed, gradually wean from boot to regular shoes
- Discontinue boot at latest, 12 weeks
- OK for Blood Flow Restriction
- Single leg balance exercises
- Initiate heel cord stretching by 12 weeks
- Stationary cycling as tolerated
- Progressive depth flat footed mini-squats
- Proprioception
- Lateral sliding board maneuvers
- Progressive resistance with Theraband ankle strengthening exercises, no weights

#### **Months 3-6**

- Increase to full ankle range of motion
- Progress to active bilateral heel raises
- Transition to gym program/HEP
- OK to advance resistance strengthening, OK for BFR
- Stationary jogging and jumping on mini-trampoline
- Straight ahead jog to run progression
- Progressive cutting/agility maneuvers

- Closer to 6 months, transition to sport specific activities