

# Achilles Tendon Repair Physical Therapy Protocol

**Dr. Bradley Raphael MD**



## Stage 1

### 1-3 Weeks Post-Operative

- Do not start physical therapy until instructed to.
- Cast immobilization.
- Non-weight bearing.

## Stage 3

### 6-8 Weeks Post-Operative

- Continue toe-touch weight-bearing with crutches.
- Continue ankle range of motion exercises.

## Stage 2

### 3-6 Weeks Post-Operative

- Transition to walking boot immobilization with heel lift (1.5 cm).
- Toe-touch weight-bearing as tolerated.
- Begin gentle ankle range of motion.

## Stage 4

### 8-12 Weeks Post-Operative

- Start weight-bearing as tolerated - may use crutches for comfort for 1-2 more weeks.
- Transition to shoe with heel lift (1.5 cm)
- Ankle range of motion.
- Standing heel raise - two legs.
- Balance exercises.
- Leg press.
- Leg extension and leg curl exercises.

**Dr. Bradley Raphael MD**



**(315)701-4024**



**raphaelmd.com**



**8324 Oswego Road Suite B Liverpool NY 13090  
5801 East Taft Road North Syracuse NY 13212  
5719 Widewaters Parkway Syracuse NY 13214**