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CENTER FOR  
**Advanced Orthopedics**  
AND SPORTS MEDICINE



## Physical Therapy Prescription – Achilles Tendon Repair

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Diagnosis:** R / L Achilles Tendon Repair **Date of Surgery:** \_\_\_\_\_

**Frequency:** 2-3 times per week for \_\_\_\_\_ weeks

### General Considerations:

- Time frames mentioned in this protocol should be considered approximate with actual progression based on clinical presentation and physician direction.
- Patient usually NWB for 4-6 weeks
- PT usually begins 4-6 weeks post-op
- Monitor the incision scar and tendon scar for mobility, implement regular soft tissue mobilization to avoid fibrosis
- No running, jumping or ballistic movements for 6 months

### Phase 1 (4-6 weeks):

- Gait training with patient in walking boot progress from NWB to PWB and finally to FWB
  - Soft tissue mobilization for scar tissue and modalities as indicated
- Exercises: AROM Theraband exercises Calf stretch (seated, pain free) Seated calf raises Straight leg raises Seated BAPS Well leg stationary bike Aquatic exercise including deep well exercises
- Progress to Phase 2 when:** Physician indicates Ambulating FWB without assistive device  
Plantarflexion, inversion, and eversion  
ROM equal bilaterally Dorsiflexion ROM is neutral

### Phase 2 (6-12) weeks:

- Gait training, discharge walking boot at 8-10 weeks and progress to regular shoe with heel lift as necessary
  - Soft tissue mobilization for scar tissue
- Exercises:** Standing Gastrocnemius and Soleus stretch  
Stationary bike (heel push only until 8 weeks)  
Standing calf raises (approximately 8 weeks)  
Minisquats (bilateral to unilateral)  
Closed chain step exercises (step ups progress to step downs)  
Proprioceptive training (single leg balance challenged as able)  
Leg press (bilateral to unilateral)

**Progress to Phase 3 when:** Dorsiflexion ROM equal bilaterally, Unilateral stance equal bilaterally, Gait normalized

### Phase 3 (12 weeks – discharge):

- One leg PREs (as tolerated)
- Lunges (multi directional and walking)
- Unilateral calf raises (approximately 16 weeks)
- Outdoor biking
- Jogging (approximately 16-20 weeks, cleared by physician)
- Agility drills (approximately 16-20 weeks, cleared by physician)

**Discharge criteria:** Physician indicates, Long term goals achieved, Patient personal goals achieved

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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