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**PATIENT NAME:**

**DATE OF SURGERY:**

**Physical Therapy ORDER – Achilles Tendon Repair**

Phase I (Weeks 0-2)

- Weight Bearing: NWB with crutches
- Brace: plantar flexion splint
- No formal PT

Phase II (Weeks 2-6)

- Weight bearing: partial WB in CAM walker boot with heel wedges (first heel wedge removed at 4 weeks and second heel wedge removed at 6 weeks)
- Brace: CAM walker boot at all times (except PT and showering)
- Range of Motion: PROM/AROM/AAROM of ankle from full plantar flexion to neutral (NO DORSIFLEXION PAST NEUTRAL), inversion/eversion, toe flexion/extension
- Therapeutic Exercises:
  - o Seated heel raises
  - o Isometric dorsiflexion to neutral
  - o Resistance bands for plantarflexion/inversion/eversion
  - o Soft tissue mobilization, scar massage, desensitization, edema control

Phase III (Weeks 6-12)

- Weight bearing: Progress to full WB
- Brace: wean out of boot
- ROM: PROM/AROM/AAROM of ankle and progression to dorsiflexion
- Therapeutic exercises
  - o Standing heel raises
  - o Single leg eccentric lowering
  - o Step ups, side steps
  - o Proprioception exercises

Phase IV (Months 3-12)

- Progress with strengthening, proprioception, gait training
- Begin light jogging at 12-14 weeks
- Running/cutting at 4-6 months
- Gradual return to sports at 10-12 months