


Achilles Repair Guideline

 NMC <small>NORTHWESTERN MEDICAL CENTER</small>	Document Classification	<input type="checkbox"/> Policy <input type="checkbox"/> Procedure <input checked="" type="checkbox"/> Guideline
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Purpose:

Define the process to be followed for all patients referred from Northwestern Orthopedics after the above procedure has been performed.

Target Users:

Treatment will follow the defined guidelines below and be carried out by Physical Therapist, Athletic Trainer and/or Physical Therapy Assistants.

Definitions:

N/A

Guidelines:

PHASE I 0-3 Weeks

NWB with assistive device x 2 weeks
 Immobilization in splint

PHASE II 3-6 weeks

Begin outpatient Physical Therapy (following 2-week MD follow up for removal of splint)

Camboot: set at 15° by MD at week 2

Set at 7.5° by PT at week 4

Set at 0° by PT at week 5

Gait: PWB 50% with Camboot and appropriate assistive device

Precautions:

NO passive dorsiflexion, no active plantarflexion

Gentle soft tissue mobilization and scar massage once incision has healed

Edema Control:

Ice/cryocuff

Elevation

Tensogrip/kinesiotape

ESTIM as indicated

Suggested exercises:

ROM:

Active dorsiflexion to tolerance

Passive plantarflexion to tolerance

Active and passive inversion and eversion
Knee and hip AROM and strengthening open chain
Optional at 4 weeks- aquatic ther-ex (once incision has healed), WBAT in chest deep water, no resistance or passive stretching of gastroc/Achillies

PHASE III 6-12 weeks

Camboot: set at 0° by PT at 5 weeks

Wean from Camboot at 6 weeks and educate in proper footwear (may need wide heel counter to minimize pressure on incision)

Gait: FWB at 6 weeks with progression, out of boot. Ensure good gait pattern: Heel-toe gait, good heel strike and push-off, stance time equal left to right.

Gentle soft tissue mobilization and scar massage once incision has healed

Suggested Exercises:

Begin strengthening

AROM in all directions

Gentle passive Achilles stretching

Continue strengthening hip, knee and core

Stationary bike without resistance

Balance and Proprioception activities

Progress ankle strengthening

Begin functional strengthening exercises

Leg press - bilateral

Leg press toes raises (bilateral, progress to unilateral)

Soft tissue and joint mobs as needed

Stairmaster, bike for cardio

Criteria to progress:

ROM equal to opposite side

Controlled inflammation

No pain

Plantar flexor strength 4/5 (perform 10 partial to full toes raises)

PHASE IV 12-14 weeks through discharge from PT

Suggested exercises:

Progress previous exercises: hip and knee PRE's

Progress to WB unilateral heel raises

Stairmaster

Begin jumping progression: squat to heel raise at slow speed, leg press, min-tramp, ground

Functional rehab

Forward dips (dip down from stair) multiple plane for balance

Begin light plyometric activities.

Criteria to progress:

ROM equal to opposite side

Perform 20 unilateral toes raises (full range, pain-free)

Perform bilateral jumping in place 30 seconds each F/B, L/R with good technique

PHASE V: 12–14-week post-op to end of PT

Suggested Exercises:

Progress previous exercises

Progress jumping to hopping

Begin jogging/running when hopping is performed with good technique

Sport specific drills for appropriate patients

Criteria to discharge non-athletes:

Good gait pattern

ADL's without difficulty

Gastroc/soleus 4+ - 5/5 strength

Criteria to discharge athletes:

Good gait pattern

Patient performs the following tests within 80% of the uninvolved leg:

Hop for distance

Single leg balance reach

Maintenance program should stress continued strength and endurance work at least 2-3 times per week.

Responsibilities:

Variances will be communicated by the surgeon directly to the rehabilitation staff.

References:

Clinical Orthopedic Rehabilitation a Team Approach

Fourth Edition Giangarra, Charles, Manske, Robert, Brotzman S. Brent copyright 2018

Appendix(ces):

N/A