

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
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Diploma in Football medicine (FIFA)

DIAGNOSIS: ACHILLES REPAIR

PHASE 0 (0-2 WEEKS)

GOALS:

Pain and edema control
Protect from accidental injury
Minimize gluteus, quadriceps and hamstring atrophy
Soft tissue and wound healing

EXERCISES/RESTRICTIONS:

Non-weight bearing in plantarflexion splint with crutches

Elevation

Strengthening: Quad sets, Hamstring stretching, Straight leg raise, Hip abduction exercises

PHASE 1 (2-6 WEEKS)

GOALS:

Pain and edema control
Wound healing, avoid over elongation of Achilles
Scar mobility
Restore ankle plantarflexion, inversion and eversion

EXERCISES/RESTRICTIONS:

Partial weight bearing with crutches, plantarflexion in boot

Heel wedges, start with 3, wean 1 per week starting at week 3

PROM/AAROM/AROM: **ankle dorsiflexion to neutral**, plantar flexion, inversion, eversion, ankle circles

Upper body ergometer Strengthening

Lower body strengthening- Lumbopelvic strengthening: sidelying hip external rotation-clamshell, plank

PHASE 2 (6-12 WEEKS POST INJURY)

GOALS:

Normalize gait
Protect repair, avoid over elongation
Restore full range of motion
Safely progress strengthening
Promote proper movement patterns
Avoid post exercise pain/swelling

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EXERCISES/RESTRICTIONS:

Full weight bearing as tolerated in boot without heel wedges

Gentle long-sitting gastroc stretch as indicated

Gentle stretching all muscle groups: prone quad stretch, standing quad stretch, kneeling hip flexor stretch

Ankle/foot mobilizations (talocrural, subtalar, and midfoot) as indicated

Stationary bicycle, flutter kick swimming/pool jogging (with full healing of incision)

Lumbopelvic strengthening- bridges on physioball, bridge on physioball with roll-in, bridge on physioball alternating

Gym equipment: hip abductor and adductor machine, hip extension machine, roman chair

Progress intensity (strength) and duration (endurance) of exercises

Balance/proprioception - Double limb standing balance utilizing uneven surface (wobble board)

PHASE 3 (3-6 MONTHS)

GOALS:

Safely progress strengthening

Promote proper movement patterns

Avoid post exercise pain/swelling

EXERCISES/RESTRICTIONS:

Elliptical, stair climber

Standing gastroc stretch and soleus stretch as indicated

Calf raises eccentric, seated calf machine

Proximal strengthening / balance- Squat to chair, hip hike, lateral lunges, single leg squat progression

PHASE 4 (>6 MONTHS)

GOALS:

Continue strengthening and proprioceptive exercises

Safely initiate sport specific training program

Symmetrical performance with sport specific drills

Safely progress to full sport

EXERCISES/RESTRICTIONS:

Interval running program

Return to Running Program

Agility and Plyometric Program