

# TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

## Achilles Tendon Repair (PARS)

### Phase I – Maximum Protection (Weeks 0-2)

- Non-weight bearing for 2 weeks
- Posterior splint constantly
- Reduce inflammation
- Elevate above the heart
- Begin multi-plane straight leg program
- Modalities for pain and inflammation – ice elevation
- Lower extremity stretches – Hamstring, quads, ITB, hip flexors

**Goals: Pain management and Protection**

### Phase II – Passive/Active Range of Motion (Weeks 2-6)

#### **Weeks 2 to 4:**

- Boot for 6 weeks wean out by 8-week mark (1/2" heel lift)
- Partial weight-bearing progressing to full weight-bearing at the 4 week mark
- Begin active dorsiflexion to 0°; passive return to neutral
- Begin sub-maximal isometrics inversion and eversion
- Continue with modalities to control pain and swelling
- Begin a global lower extremity-strengthening program in the boot
- Continue with multi-plane open and closed kinetic chain hip strengthening
- Begin core stabilization program.

**Goal: Minimize quad atrophy, no adhesions**

#### **Weeks 4 to 6:**

- Continue with program as outlined in weeks 2 to 4
- Full weight bearing in the boot (1/4" heel lift)
- Active plantarflexion to 5° with knee straight and 10° with knee flexed
- Begin pool program when incisions are healed
- Continue with submaximal inversion and eversion isometrics
- May start stationary bike in the boot with heel on the pedal

**Goal: Neutral DF (0 degrees)**

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## **Phase III – Progressive Stretching and Early Strengthening (Weeks 6-8)**

### **Weeks 6 to 8:**

- Weight bearing in the boot (no heel lift)
- 10° active dorsiflexion with knee straight and 20° with knee bent
- Begin light terminal stretch in non-weightbearing by week 8
- Begin plantarflexion isometrics
- Stationary bike in Cam with toes on the pedal
- Initiate resisted dorsiflexion, inversion, and eversion strengthening

**Goal: Normal gait**

## **Phase IV – Terminal Stretching Progressive Strengthening (Weeks 8-12)**

### **Weeks 8 to 10:**

- Gradually wean out of boot over a 7 to 10 day period
- Use a heel wedge in a tennis shoe or a boot/shoe with a heel to ease transition
- Normalize gait
- Initiate a light gastrocnemius/soleus stretch in a weight bearing position
- Continue with multi-plane ankle stretching
- Continue resisted non-weight bearing plantarflexion strengthening
- Begin bilateral heel raises off of the floor progressing to off of a step as tolerated
- Begin unilateral proprioception training

**Goal: Symmetric DF**

### **Weeks 10 to 12:**

- Advance plantarflexion strengthening to unilateral as tolerated
- Initiate gastroc/soleus strengthening in the gym
- Begin treadmill walking and/or elliptical trainer with progression in intensity as tolerated

**Goal: Walk 2 miles at 15 min/mile pace, DC brace**

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## ***Phase V – Progressive Strengthening and Return to Function Phase (3-6 months)***

### **3 to 6 Months:**

- Continue to increase intensity with PREs
- Increase intensity with cardiovascular program, may begin cycling outdoors
- Begin multi-directional resisted cord program (side stepping, forward, backward, and carioca)
- Begin pool running program progressing as tolerated to dry land running

**Goals: No calf atrophy, Run 2 miles at easy pace**

### **6 Months:**

- Follow-up examination with the physician for return to sport

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