

Post-Surgical Rehabilitation Protocol for Achilles Tendon Insertional Debridement and Repair

<u>Time Frame</u>	<u>Activity</u>
0-2 weeks	Non-weight bearing in splint at all times
2-4 weeks	Partial weight bearing in boot with crutches Active dorsiflexion to neutral TWO wedges
4-6 weeks	Partial weight bearing in boot with crutches Active dorsiflexion to neutral ONE wedge
6-10 weeks	Weight bearing as tolerated in boot Begin PT NO wedges
10-12 weeks	Wean from boot ROM / strengthening with PT
>12 weeks	Advance PT with strength power endurance, plyometric exercise, sport specific training.