

GOLDEN STATE ORTHOPEDIC AND SPINE ACHILLES TENDON REPAIR

Weight Bearing

NWB or TTWB X 3-4 weeks

PWB- 50% by week 6

Progress to FWB week 6-8 with nonantalgic gait pattern

FWB by week 8

> Boot/ ROM

Cast/Boot locked in 20-30 deg PF x 2 weeks

10 deg PF with 1-2 ¼" approx. 3 heel wedges

Remove 1 wedge per week after week 3

Neutral DF by week 6

Wean out of boot after week 6 (1-2 heel lift in shoe for first 2 weeks).

Phase 1: Initial Exercises (weeks 1-6)	1	2	3	4	5	6	7	8	9	10	11	12	16	20
Gluteal, quad, abductor isometrics	•	•												
Pelvic Tilt/ trans. Ab isometric	•	•	•											
SLR/sidelying hip abduction/prone hip		•	•											
extension Foot/Ankle Isometrics														
Foot Intrinsics		•	•	•	•									
		•	•	•										
Ankle AROM only (NO PROM DF)			•	•	•									
Stationary Bike (In Boot)				•	•									
Ankle 4 – way Theraband				•	•	•								
Seated heel raises				•	•	•	•							
Phase 2: Intermediate Exercises (Weeks 6- 10)	1	2	3	4	5	6	7	8	9	10	11	12	16	20
Standing Weight Shifts						•	•							
Stationary Bike (Out of Boot)						•	•							
Heel Elevated Squats								•	•	•				
Single Leg Balance (on floor only)								•	•	•				
Wall Squats								•	•	•				
Heel Raises (from floor only)										•				
Side stepping with resistance											•	•		
Balance Clocks											•	•		
Phase 3: Advanced Strengthening (Weeks 10-16)	1	2	3	4	5	6	7	8	9	10	11	12	16	20
Full Squats (progressive positive shin angle)										•	•	•		
Elliptical											•	•		
Single leg heel raises											•	•		
Plank Progression (Bear hover to knees down to full plank)												•	•	
Double Leg RDL												•		
Lunges												•		
Phase 4: Return to Running/Sport (Weeks 16-25)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Light Agility Ladder													•	•
Plyometric Training														•
Initiate Return to Run Protocol														•
Return to Sport Protocol														•



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