

Ankle Achilles Patient Protocol

Time	Goals	Intervention	Modalities	Weight Bearing Status
Week 0-2	1) Reduce swelling 2) Reduce inflammation 3) Protect from injury/ disruption of surgical site 4) Remain NWB	1) PROM full PF, gentle DF within painful limits DO NOT OVERSTRESS DF & REPAIR!! 2) AROM progressive DF 3) Knee AROM	Phonophoresis Ultrasound Aquatic Therapy Whirlpool Cryotherapy Vasopneumatic device E-Stim Consider a home E-Stim unit	Immobilized in CAM and adjust PF as DF improves NWB until ankle at neutral
Week 2-4	1) Initiate weight bearing in CAM (if ankle at neutral) 2) Progress HEP	1) Progress ROM 2) Knee AROM	As above	Continue CAM walker adjustment Heel touch weight bearing *** once ankle at neutral ***
Week 4-6	1) Progress weight bearing in CAM 2) Progress HEP	1) Initiate quad AROM/ strengthening	As above	PWB in CAM walker
Week 6-8	1) Achieve full PF/DF 2) Progress off crutches		As above	WBAT in CAM walker
Week 8-12	1) Continue to progress assistive devices 2) Progress HEP	1) Begin active PF 2) Begin gentle strengthening of PF/DF	As above	

Patients: protect repaired Achilles tendon, decrease swelling w/ RICE, achieve full DF, remain on crutches for appropriate period of time as recommended by physician and physical therapist, be compliant w/ rehab and HEP

No significant precautions with knee flexion

Progression out of CAM is dependent on DF ROM and quality of gait

No orthotics are to be issued without consulting Dr Longobardi