

Kevin H. Higashigawa, MD
Orthopedic Surgery and Sports Medicine
Windward Orthopaedic Group, Inc.
Kailua: 808-261-4658
Kaneohe: 808-235-6474

Patient Name:

Date of Surgery:

ACHILLES TENDON REPAIR PHYSICAL THERAPY PRESCRIPTION:

Phase I (0-2 Weeks):

- Non-weightbearing
- Brace worn at all times
- No ROM or therapy

Phase II (2-4 Weeks):

- Brace locked at 20 degrees Plantar Flexion
 - Worn at all times except for shower and exercise
- Touch Toe Weight Bearing
- ROM
 - Active DF to 90 only with knee flexed at 90 (sitting)
 - Gravity PF only
 - Inversion/Eversion ROM
 - No Stretching

Phase III (4-6 Weeks):

- Brace locked at 10 degrees Plantar Flexion
 - Worn only during Weight Bearing
- Partial Weight Bearing
- Stationary Bike
- Knee and Hip strengthening
- ROM
 - Active DF to 90 only with knee flexed at 90 (sitting)
 - Gravity PF only
 - Inversion/Eversion ROM
 - No Stretching

Phase IV (6-8 Weeks):

- Brace at neutral
- WBAT
- ROM to Tolerance (Active PF okay)
- No Stretching

Phase V (8-12 Weeks):

- No Brace
- WBAT
- Gain full ROM
- Light Dorsiflexion/Plantar flexion resistive exercises with Knee Flexed
- Bike, Knee, Hip Strengthening

Phase VI (3-5 Months):

- Increase DF/PF Resistive exercises
- Toe Raises
- Ankle Proprioception exercises
- Jogging program

Phase VII (5-6 Months):

- Running program
- Sports specific/Agility Exercises
- Plantar eccentrics/Jumping

Phase VIII: (>6 Months):

- Return to Sport (Cleared only by Dr. Higashigawa)