



# The Orthopaedic & Fracture Clinic

## Achilles Tendon Repair

### **Phase I (Weeks One – Four Post Op)**

- Immobilization CAM walker.

### **Phase II (Weeks Four – Six Post Op)**

- Gentle ROM ankle and foot.
- Scar mobilization.
- Ankle strengthening (gentle).
- Stationary bike.
- Weight-bearing as tolerated with CAM walker.

### **Phase III (Weeks 6 – 12 Post Op)**

- Continued strengthening ankle and foot.
- At 10 weeks, weight-bearing exercises and proprioception.
- Wean from CAM walker to heel lift at 8-10 weeks per physician.
- Full return of strength can be expected at 6-12 months post op.