

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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PATIENT STICKER

ACHILLES TENDON REPAIR PROTOCOL

Surgical Date: _____

Side: ☐ Right ☐ Left

Diagnosis: Achilles Tendon Repair

Postop	Goals	Precautions	Exercises
Weeks 0-2 HEP daily	Edema and pain control Promote independence	NWB Posterior splint in resting plantarflexion	AROM hip and knee Wiggle toes LE stretches – hamstrings, quads, ITB, hip flexors
Weeks 2-4 HEP daily	Edema and pain control Promote independence Minimize quad atrophy and adhesions	TDWB with crutches in CAM boot with heel lift No active plantarflexion No passive heel cord stretching	Continue LE stretches Active dorsiflexion to neutral Passive plantarflexion Active inversion / eversion ROM below neutral Modalities to control swelling Incision mobilization modalities
Weeks 4-8 HEP daily	Neutral dorsiflexion Normal gait Improve endurance	Progress to FWB in CAM boot with heel lift Continue CAM boot up to 8 weeks Avoid painful activities No running	Decrease heel lift ¼” every week until neutral Active plantarflexion – begin with isometrics, progress to isotonics Dorsiflexion isotonics Achilles tendon stretch with towel Incision mobilization
Weeks 8-16 HEP daily	Symmetric dorsiflexion Improve strength/flexibility No calf atrophy	WBAT Avoid painful activities	Continue plantarflexion and dorsiflexion isotonics Add isokinetics Continue inversion / eversion isotonics Double and single heel raises Proprioception training Progress to Retro program, stairmaster, versiclimber
Weeks 16+ HEP daily	No apprehension with sport specific movements Strength and flexibility to meet sporting demands	Avoid painful activities No sport until MD clearance	Running progression program Advance flexibility/agility/plyometrics Sport specific training

Frequency & Duration: ☐ 1-2 ☐ 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**