

Center for Athletic Medicine  
*Dr. Preston Wolin*  
Achilles Repair Protocol

~Please call 773.248.4150 with any and all questions~

**Weight Bearing Precautions**

- 0-1week post op: NWB in posterior cast
- 8 days post op: Begin TTWB in hinged CAM walker boot (20 or 30 degrees PF)
- Advance as tolerated to WBAT in CAM walker when get to neutral in boot
- @ 6 weeks post op: D/C CAM boot and provide heel lift for shoe/sneaker
- @ 10weeks post op: D/C heel lift as tolerated

**ROM Restrictions**

**PROM**

- 0-5 weeks post op: 30deg-full PF (PROM only)
- @ 6 weeks post op: may progress past neutral PROM DF

**AROM**

- 0-5weeks post op: Active DF (may progress active DF by 10deg/week until neutral)
- @ 5 weeks post op: may begin Active PF
- @ 6weeks post op: may progress AROM DF past neutral

**Therapeutic Interventions**

**Manual Therapy**

- May begin scar massage as healing allows

**Strengthening**

- @ 1 week post op: may begin light resisted Inversion & Eversion
- @ 9-10 weeks post op: may begin resisted PF

\*\*\*\*\*If a patient is not progressing, please call the office for recommendations \*\*\*\*\*