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ACHILLES REPAIR

Non-weight bearing for 6 weeks

Wound check at 1 week then walking boot with 1½” heel lift if wound is okay

No rehabilitation for 1 week

PHASE 1 – (Passive)

Week 1	Start active dorsiflexion to neutral, gravity plantar flexion while seated (maintain 90° degrees of knee flexion)
Week 6	Can begin weight sharing with crutches
Week 6-8	WBAT in boot with 1½” heel lift

PHASE 2 – (Active)

Week 7	Active dorsiflexion, active plantar flexion Gradually increase dorsiflexion
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PHASE 3 – (Resisted)

Week 9	Start calf strengthening Resisted plantar and dorsiflexion
Week 10	Discontinue boot, per MD (1” heel lift until week 16)
Week 11	Toe raises
Week 12	Continue stretching and strengthening Stationary bike
Week 16	Elliptical Regular shoes
Week 18	Jogging

WEIGHT TRAINING

Week 20	Progress slowly
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RETURN TO ACTIVITIES

Golf	4 – 5 months
Tennis	6 months
Contact Sports	6 months