



Name:		Patient Flow Sheet
Date of Surgery:		

Achilles Rehab Protocol

Benedict Figuerres, MD

- **Phase I—Initial Phase (Weeks 0-2)**

Date: _____

- Splint for 2 weeks in 20 degrees of plantar flexion
 - Decrease angle of plantarflexion to 10 degrees at 2 weeks
- Suture removal and CAM boot with heel lift at 2 weeks
- Start range of motion exercises at 2 weeks
- Start full weight-bearing at 2 weeks in boot

- **Phase II—Passive Phase (Weeks 3-6)**

Date: _____

- Foot is brought up to neutral position at 3 weeks. Continue full weight-bearing
- Discontinue boot and ambulate in shoe with 1-cm heel lift at 4 weeks
- Achieve neutral position by 6 weeks
- Neutral position in CAM boot and full weight-bearing at 6 weeks

- **Phase III—Resisted Phase (Week 7-10)**

Date: _____

- Progressive resistant exercises at 8 weeks
- Aggressive walking at 10 weeks

- **Phase IV—Long-Range**

Date: _____

- RTP 14 to 16 weeks after injury
- By 6 months, 93% of patients returned to full activity