

Randy Clark, MD
 Revere Health Coral Desert Orthopedics
 2825 south mall drive
 St. George, UT 84790
 435-628-9393 phone
 435-628-9382 fax

Dr. Randy Clark Achilles Repair
 Physical Therapy Protocol

	WEIGHT BEARING	ORTHOTIC DEVICES	RANGE OF MOTION	GOALS	EXERCISES
0-2 weeks	Non weight bearing	Cast	None	Dec pain and swelling	Elevation, icing
2-6 weeks	Weight bear as tolerated in CAM boot with two heel lifts	CAM boot with 2 heel lifts	Passive ROM in PT only : * 0 degrees dorsiflexion * 30 degrees plantarflexion	Begin PROM	Start physical therapy at 2 weeks- passive ROM only No resistance No strengthening
6-10 weeks	Weight bear as tolerated in shoes	Shoes with 1 heel lift	Advance PROM to active assist ROM to AROM	Full ROM	1-Wall stretches gently 2-begin elastic band exercises- all planes 3-no resistance strengthening
10-16 weeks	As tolerated	none	Full ROM	Able to perform single leg heel rise	1-advance strengthening 2-stationary bike 3-no running/sports/jumping
16+ weeks	Ok to begin jogging	None	Full ROM	Sport specific activities	1-begin agility and plyometrics program 2-CV conditioning Return to Sports: 1->80% strength vs. opposite leg 2- >90% hop test 3- cutting/running/jumping confidence 3-physician clearance 4-minimum 6 months

Specific Recommendations /Restrictions /Goals:

