



DR. SAFRAN'S THERAPY PROTOCOL
For
ACUTE ACHILLES TENDON REPAIR

- I. First 10 – 14 days**
 - A. Posterior Ankle Splint

- II. 2nd and 3rd Week**
 - A. CAM Walker at all times (including sleep)
 - B. Non-weightbearing
 - C. Passive Range of Motion – limit dorsiflexion to no more than 10 degrees

- III. Weeks 4 & 5 & 6**
 - A. Begin Weight Bearing in CAM Walker
 - B. ROM
 - a. Active Range of Motion
 - b. Begin Alphabet Exercises
 - C. Ice after exercise
 - D. No resistance exercises

- IV. Week 7**
 - A. Discontinue CAM Walker
 - B. Ambulate with ½” heel lift or shoes with heels
 - C. Continue ROM exercises

- V. Week 8**
 - A. Continue Heel Lift – decrease to ¼” lift at week 10
 - B. Start resistance Exercises
 - C. Continue ROM

- VI. Weeks 12**
 - A. Discontinue Heel Lift
 - B. Continue Increase Resistance Exercises
 - C. Stair Climber Machine
 - D. Begin Toe Raises

- VII. Week 16**
 - A. Begin Jogging