

Achilles Tendinopathy (insertional & mid-substance) Tenotomy Rehabilitation Protocol

Phase of Healing	Time Frame	Restrictions	Rehabilitation
Phase 1: Inflammatory	Days 0-5	<ul style="list-style-type: none"> - No use of NSAIDs or ice - Non weight bearing with crutches in CAM boot & crutches - Avoid stretching into ankle dorsiflexion 	<ul style="list-style-type: none"> - Rest - Acetaminophen as needed for pain - Begin gentle ROM
Phase 2: Proliferative	Day 6 - Week 2	<ul style="list-style-type: none"> - No use of NSAIDs or ice - Progress to full weight bearing in CAM boot with crutch assist 	<ul style="list-style-type: none"> - Rest - Continue gentle ROM - Slowly progress to partial weight bearing and then full weight while in CAM boot
	Weeks 2 - 4	<ul style="list-style-type: none"> - No use of NSAIDs or ice - Slowly progress out of boot to weight bear as tolerated, use boot as needed when outdoors - Avoid painful exercises with pain more than 3 out of 10 	<ul style="list-style-type: none"> - Continue gentle ROM - Start gentle calf stretching - Begin isometric ankle strengthening - Slowly progress out of boot to weight bearing as tolerated - Start low impact aerobic exercise (stationary bike or pool)
	Weeks 4 - 6	<ul style="list-style-type: none"> - Avoid abrupt increases in tendon stress with exercise, lifting, or high impact activity such as running, jumping, and heavy weight lifting - Avoid extreme dorsiflexion (for insertional tendinopathy) 	<ul style="list-style-type: none"> - Progressive ankle strengthening with resistance bands - Gait training - Lower limb strengthening (bridges, mini squats, step ups) - Double and single leg balance and proprioception exercises - Aerobic exercise (stationary bike, walking progression)
Phase 3: Remodeling	Weeks 6+	<ul style="list-style-type: none"> - Avoid painful exercises with pain more than 3 out of 10 - Avoid extreme dorsiflexion (for insertional tendinopathy) 	<ul style="list-style-type: none"> - Increase load capacity for lower limb strengthening exercises - Continue balance and proprioception exercises - Plyometric, agility, work / sport specific training - Gradual return to work / sports progression

NSAID (Nonsteroidal anti-inflammatory drug); ROM range of motion