



PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

DIAGNOSIS (LEFT / RIGHT) ACHILLES TENDON REPAIR

DATE OF SURGERY _____

ACHILLES TENDON REPAIR PHYSICAL THERAPY PRESCRIPTION

POST OPERATIVE MANAGEMENT

Posterior Splint for 14 days

NWB with crutches

WEEKS 2---6

- NWB weightbearing ambulation with crutches in walking boot. May remove boot for ROM exercise.
- Active inversion and eversion ROM
- Active dorsiflexion to neutral; passive plantar flexion
- Stationary cycling with minimal resistance (anterior foot placement)

WEEKS 6---12

- Progress to FWB in walking boot
- Discontinue walking boot 2 weeks after FWB
- Use heel cups for 2 weeks after discontinue walkingboot
- Progressive resistance Theraband ankle strengthening exercises
- Intrinsic foot muscle strengthening exercises
- Single Leg standing balance activities
- Active bilateral heel raises
- Initiate passive heel cord stretching
- Bilateral to unilateral standing, heel raise exercises
- Stationary cycling with progressive resistance (standard foot placement)
- Progressive depth (30⁰ to 90⁰ knee flexion) flat---footed mini---squats
- Progressive retrograde treadmill ambulation
- "Flat---Footed" single leg balance
- BAPs "Level 1---2---3" (seated PWB progressed to FWB standing)
- "On---Toes" standing balance/proprioception activities on mini---trampoline
- Progressive duration/velocity Stairmaster ambulation
- Lateral sliding board maneuvers

3---6 MONTHS

- Stationary jogging and jumping on mini---trampoline
- Straight ahead jog---to---run progression on a level surface
- Progressive acuity cutting agility maneuvers
- Large---to---small Figure of 8 agility maneuvers
- Sport/Position specific functional activities
- Running and agility maneuvers on progressive incline/decline surfaces
- Discharged to normal activities when cleared by doctor

Treatment: _____ **times per week** **Duration:** _____ **weeks**

Physician's Signature: _____

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC

