

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

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Achilles Tendon Debridement w/ or w/o FHL Transfer and Haglund's Exostectomy

***Progression of Achilles tendon rupture with FHL transfer is slower than primary Achilles tendon rupture

***Avoid pushing dorsiflexion aggressively

***Early resisted plantar flexion in a safe range is critical for increased motor recruitment

*** Progressive WBing Protocol: Increase WBing 25% per week in boot

***May drive at 8 weeks if R LE

Phase 1 – Protected Early Motion

Weeks 0-6 Splinted in Plantar flexion for the first 2 weeks f/by cast x 4 weeks, NWB

Weeks 6-10

Initiate progressive WBing protocol in Boot with 3 block heel lift
Emphasize gait training –increase WBing 25% per week
Modalities for edema control
Manual soft tissue mobilization and scar mobilization
Gentle joint mobilization below neutral
Initiate gentle AROM all planes, initially limiting DF to neutral through week 8
Intrinsic strengthening in neutral or slight plantar flexion
Light tband ex or manual resistance for PF, inversion, and eversion below neutral until week 8
LE, Hip, and core ex within WBing and ROM restrictions

Criteria to Progress: Minimal swelling, Minimal pain, DF ROM to neutral.

Phase 2 – Gait Training and Progressive Motion

Weeks 10-12

Progressively wean into shoe with ½ inch heel lift
Decrease heel lift by ¼ inch every 2 weeks until removed as comfort allows
Gait Training
Continue with soft tissue and joint mobilization
Active and gentle Passive ROM-regain full ROM by week 12
Strengthening - OKC =>CKC strengthening- progressing from seated => standing
Proprioceptive Training-progress OKC=>CKC-seated => standing (ex: Rhythmic stab, BAPS etc.)
Bike-avoid forced dorsiflexion

Criteria to Progress: Full AROM, Normalize gait, Good strength throughout, SL balance 30 sec

Phase 3 –Strength and Proprioception Re-training

Week 13-20

End ROM stretching
Progressive CKC strengthening-heel raises, lunges, squats
Progressive Proprioceptive Training-progress OKC=>CKC-seated => standing =>DL=>SL
Progressive Core stabilization

Criteria to Progress: Excellent dynamic balance on uneven surfaces, Full LE strength, Demonstrates proper squat movement patterns, Symmetrical Y balance

Phase 4 – Return to sport

Week 20+

Progressive Running Program
Sport cord training
Progressive Agility and Plyometric Training

Criteria to Progress: Pass sport cord test, Runs with normal gait, Demonstrates symmetry with functional hop tests

Surgeon Comments: