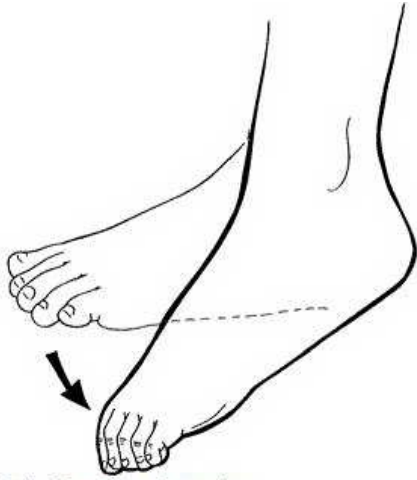


BFR Physical Therapy Protocol – Phase II (2 – 6 Weeks Post-Op)

1. **Ankle Plantarflexion/Dorsiflexion** - The progression for this exercise movement will be ankle pumps (active plantarflexion and dorsiflexion to neutral with no resistance) to ankle pumps with a resistance thera-band, and finally to pumps using a leg press machine with increasing weighted resistance. Resistance and loading will not be used until approved by the physician and physical therapist.
 - Tourniquet inflated for 5-7 minutes
 - 4 sets: 30,15,15,15 reps – 30 second break between sets
 - Tourniquet deflated for 1 minute rest
2. **Straight Leg Raises** – Progress to using thera-band or weights over time based on individual patient’s capabilities
 - Tourniquet inflated for 5-7 minutes
 - 4 sets: 30,15,15,15 reps – 30 second break between sets
 - Tourniquet deflated for 1 minute rest
3. **Side Lying Leg Raises** – Progress to using thera-band or weights over time based on individual patient’s capabilities
 - Tourniquet inflated for 5-7 minutes
 - 4 sets: 30,15,15,15 reps – 30 second break between sets
 - Tourniquet deflated for 1 minute rest
4. **Long Arc Quads** – Progress to using thera-band or weights over time based on individual patient’s capabilities
 - Tourniquet inflated for 5-7 minutes
 - 4 sets: 30,15,15,15 reps – 30 second break between sets
 - Tourniquet deflated for 1 minute rest

Post-Operative Physical Therapy Phase II Exercises (Weeks 2-6)

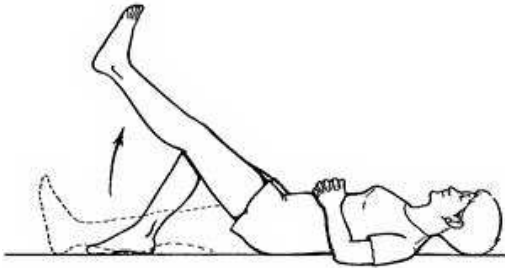


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Ankle Plantarflexion/Dorsiflexion AROM (Achilles Repair)

1. Knee bend to 90 degrees (foot off the table sitting)
2. Push the foot down and then slowly flex up to neutral (foot parallel to the ground)

4 sets: 30, 15, 15, 15 reps – 30 second break between sets, tourniquet deflates for 1 minute after 4 sets



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Straight Leg Raises

1. Lie on back with knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it up to the other knee, slowly lower

4 sets: 30, 15, 15, 15 reps – 30 second break between sets, tourniquet deflates for 1 minute after 4 sets



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Side Lying Leg Raises

1. Lie on side with straight leg on top, lower leg bent, abdominals engaged.
 2. Lift the top leg straight up and then slowly lower
- *Do not crunch at your waist

4 sets: 30, 15, 15, 15 reps – 30 second break between sets, tourniquet deflates for 1 minute after 4 sets



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Long Arc Quads

1. Sit with knee bent at 90 degrees
2. Fully straighten knee so that leg is parallel to the ground
3. Slowly return leg to starting position

4 sets: 30, 15, 15, 15 reps – 30 second break between sets, tourniquet deflates for 1 minute after 4 sets