

Achilles Tendon Repair: Post-op Protocol

Week 1: Leg in Posterior splint. Return in 7 days for wound check. Non-weight bearing, keep leg elevated above heart as often as possible.

Week 2: Remove sutures. Place in hinged cam-walker boot. Keep locked at 20-25 degrees of plantar-flexion. Continue non-weight bearing. Begin physical therapy working on active dorsiflexion, eversion. Passive plantar-flexion only.

Weeks 3-7: Increase dorsiflexion ___degrees per week as tolerated. No active plantar-flexion exercises. Scar massage, modalities as needed. May begin weight bearing in boot when foot is plantigrade. Continue active dorsiflexion and eversion. Increase dorsiflexion as tolerated actively and passively. May swim at 6 weeks, if wound is well healed.

Weeks 8-12: Begin gentle resisted theraband plantar-flexion exercises. Progress as tolerated. Gradually discontinue Cam-walker between weeks 8-10 for ambulation as tolerated. May begin riding a bicycle in 8 weeks, start with heel on pedal & gradually raise the seat. May use elliptical machines at 10 weeks as tolerated.

Week 12+: Continue progressive strengthening program as tolerated. May begin jogging on a treadmill as tolerated, progress to track/level ground. Full activity allowed at 4-6 months.

*CAN ADJUST CAM-WALKER DORSIFLEXION TO CORRESPOND WITH INCREASES IN ROM. WHEN FOOT IS PLANTIGRADE PATIENT MAY AMBULATE IN BOOT, LOCKED IN NEUTRAL.

Post op visits: 1 week, 2 weeks, 6 weeks, 3 months, 6 months