

## Achilles Tendon Repair Protocol- Post Op Exercises

**General Guidelines:** Keep Cam-walker boot locked at 20-25° of plantar flexion. Continue non-weight bearing.

### WEEK 2

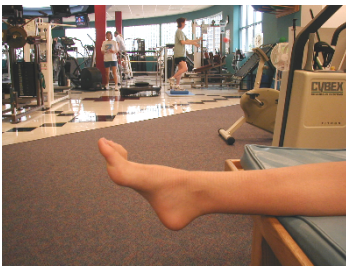
### ACTIVE DORSIFLEXION

**Directions:** Keeping your leg straight (A), pull your foot up toward your knee (B).

Hold \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ times \_\_\_\_\_ times a day.

A



B



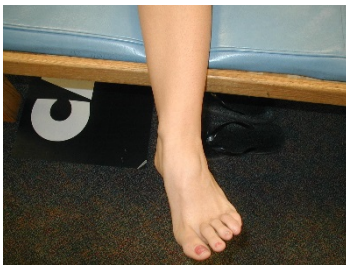
### ACTIVE EVERSION

**Directions:** Keeping your leg straight (C), turn your foot toward the outside (D).

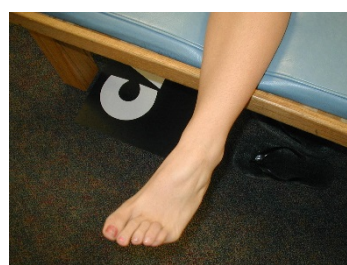
Hold \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ times \_\_\_\_\_ times a day.

C



D



## PASSIVE PLANTAR FLEXION

**Directions:** (Note: This exercise should be performed passively, i.e., with the assistance of another person. Do not “help” with this movement!) Relax your foot and have someone gently stretch the foot down (i.e. as if pointing your toes) (E).

Hold \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ times \_\_\_\_\_ times a day.

E



## WEEK 3-7

**General Guidelines:** Increase dorsiflexion \_\_\_\_\_ ° per week as tolerated. No active plantar flexion exercises. May begin weight bearing in boot when foot is plantigrade. Continue active dorsiflexion and eversion, increasing as tolerated actively and passively. May swim at 6 weeks if wound is healed.

## SCAR MASSAGE

**Directions:** Begin massaging the tissue around and over the scar (\*) (F). With small circular motions, apply as much deep pressure as tolerated. Body lotion, cocoa butter, vitamin E oil / lotion, etc., can be used to lubricate the skin and make the tissue more pliable. (\*) Note: If the scar is not healed, avoid massaging *directly* over it. You can still massage around the incision, taking care not to disrupt the healing tissue. 🚫

Repeat \_\_\_\_\_ times \_\_\_\_\_ times a day.

F



## WEEK 8-12

**General Guidelines:** 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 and gradually raise the seat. May use elliptical machines at 10 weeks as tolerated.

**Additional Instructions:**

Ice \_\_\_\_\_ minutes \_\_\_\_\_ times a day.

**PLANTAR FLEXION:** Secure the tubing to a stationary object and place it around the ball of your foot (G). Push your foot into the tubing – **away from** you (H).

Hold \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ times \_\_\_\_\_ times

G



H

