

Achilles Tendon Repair / Rehabilitation Instructions

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Patient Name _____

Date of Surgery _____

Week 0-2: Goals = Control pain, promote healing, prevent swelling

Wean off of prescribed medication.
Stay in post-operative plantarflexion splint
Elevate to keep swelling to a minimum.

Week 2-4: Goals = Promote healing, begin weightbearing

Removable boot in 20 degrees of plantarflexion with 1 cm heel wedge
Tubagrip for edema control
Wear boot at all times except when showering (use a shower chair)
Weight-bearing as tolerated in boot, NO WEIGHT BEARING OUT OF BOOT

Week 4-6: Goals = Begin active motion

Continue plantarflexion boot
Remove boot hourly for very gentle active plantarflexion and dorsiflexion exercises

Week 6-8: Goals = Continue to improve motion, begin strengthening

Remove heel wedge
Begin therapy program for beginning of proprioception and non weight-bearing muscle strengthening out of boot

Week 8-10:

Transition to day-time boot wear only

Week 10+: Goal: Begin transition into activities

Discontinue boot, use 1-cm heel wedge in shoe x 1 month
Begin stationary bike, continue PT to return to full motion
Continue strengthening
No running until discontinuation of heel wedge