**ACHILLES REPAIR PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_Weeks 0-2**

• Keep splint clean, dry and intact

• Strict non-weight bearing with crutches/scooter

• Ice, elevation of operative extremity

 **\_\_\_\_\_\_Weeks 2-6:**

• Strict non-weight bearing with crutches/scooter

• Transition to short leg boot with heel lifts

• Daily active ROM is allowed; no stretching in dorsiflexion

**\_\_\_\_\_\_Weeks 6-8:**

• Gradual return to full weight bearing in fracture boot

* (50% weight bearing with full heel lift x 1 week)
* (100% weight bearing with full heel lift x 1 week)

• Continue active ROM exercises

**\_\_\_\_\_\_Weeks 8-10:**

• Gradual return to full weight bearing in fracture boot

* (100% weight bearing with 1/2 heel lift x 1 week)
* (100% weight bearing with no heel lift x 1 week)

• Continue active ROM exercises

**\_\_\_\_\_\_Week 10+:**

• Transition out of fracture boot

• Full weightbearing is permitted with low impact activities (stationary bike, elliptical)

**\_\_\_\_\_\_Month 6+:**

• Full activities are permitted as tolerated

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_