

POSTOPERATIVE PROTOCOL

Debridement of Achilles Tendon

Total 6 weeks of immobilization

- Non-weight-bearing x 2 weeks
- Weight-bearing in boot x4 weeks (until 6wks post surgery)

First postoperative follow up within 2-5 days after surgery

- Non-weight-bearing in CAM boot for 2 weeks
- May cross train with stationary bike with heel on pedal

Suture removal at 2 weeks after surgery then transition to weight-bearing as tolerated for another 4 weeks

- Active ROM of the ankle starts at three weeks.

Physical therapy (6 – 12 sessions) starts at 6th postoperative week

- Progressive strengthening: initially with towel at 3 weeks, then single-legged heel raises
- Can use AlterG™ treadmill starting at 50% bodyweight for bilateral to unilateral strengthening, progressing up to 85%
- Note: No stretching nor eccentric strengthening for 3-6 months (need concentric first!)

Return to weight bearing sports activities between 12-16 weeks

Driving allowed at 3rd postoperative week