

POSTOPERATIVE PROTOCOL

Repair of Achilles Tendon Rupture

Total 8 weeks of immobilization

- Non-weight-bearing x 2 weeks
- Weight-bearing in boot x 6 weeks

First postoperative follow up/ cast application within 2-5 days after surgery

- Non-weight-bearing in a cast in equinus (toes pointed down) for 2 weeks
- May cross train with stationary bike with heel on pedal

Cast and suture removal at 2+ weeks after surgery then transition into CAM boot

Weight-bearing in CAM boot for 6 weeks

- Two wedges x 2 weeks
- One wedge x 2 weeks
- Boot x 2 weeks
 - 1 week with two gel heel cushions (Dispensed at appointment)
 - 1 week with one heel cushion
- Get out of the boot and use one gel heel cushions in each shoe

Physical therapy (6 – 12+ sessions) starts at 6-8th postoperative week

- Progressive strengthening: initially with towel at 3 weeks, then double-legged, progress to 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 daily activity starts after physical therapy, takes about 8 to 12 postoperative weeks (until 4-5 months post-op).

Return to sports in 20 to 26 weeks (4.5 to 6 months)

Driving allowed at 3rd postoperative week with boot off