



Post Surgery Instructions *Achilles Tendon Repair*

General Treatment Facts

- The goal of this surgery is to return you to full strength and function in the shortest amount of time.
- You will receive crutches (if you don't already have them) from the recovery room after surgery.
- You will receive a walking boot at your first post-operative visit (if you don't already have one). This boot will be worn for up to 8 weeks after the surgery.

Post Surgery Course

Day 1-4

- The foot will be wrapped in a plaster splint with lots of padding. If for any reason your splint is uncomfortable or too tight, remove the ace wrap, loosen padding, and re-apply to your comfort level.
- It is important to ice and elevate the foot, take pain medication, and rest as needed.
- No weight bearing on operative ankle.
- Do not get the splint wet.

Day 4-10

- Pain should improve after the 3rd day. If your pain has worsened after day 3 or you have a fever and/or chills, please call our office.
- Wiggle toes in splint as tolerated.
- Perform toe curls.
- Perform isometric calf contractions.
- Work the knee, hip, and upper extremities as tolerated.

2 weeks (approximately)

- First post-operative visit.
- Your splint will be taken off and your sutures will be removed.
- You will be placed in a boot with heel lifts to keep your ankle in 20 degrees of plantar flexion (toes pointing down). Be careful not to move the ankle upwards into dorsiflexion (toes pointing up).
- Begin partial weight bearing in the boot as tolerated. Add 20 lbs every other day until you are full weight bearing in the boot.
- Begin drawing the alphabet with the foot. This will help prevent stiffness.
- If the incision is healing well, you may get the foot wet in the shower 2-3 days after your post-operative visit.

4 weeks

- Full weight bearing in the boot without crutches is permitted.
- If the incision is healed, you may submerge the ankle under water in a bath or pool.
- Gentle exercise for cardiovascular conditioning on a stationary bike is permitted in the boot.
- Exercising in a pool is permitted with buoyancy conditions, however, swimming, pushing off, and kicking are not.

6 weeks

- Start physical therapy (may vary).
- Biking without the boot is permitted.
- Swimming is permitted.
- Single limb heel raises in pool with water at chest level.

8 weeks

- Wean out of boot.
- Walk progressively more as tolerated.
- Treadmill on level surfaces.
- Avoid lunging, squatting, jumping or single heel raises.
- Biking with resistance as tolerated.
- Pool therapy – walking, gentle hopping and jumping in waist deep water.

3 months

- Treadmill walking with increasing incline, gradual progression to jogging if symptom free.
- Road biking permitted.
- Progressive sub maximal dorsiflexion and plantarflexion for endurance.
- Pool therapy - pushing off as tolerated. Avoid diving.

4 months weeks

- Progress to running, but not sprinting.
- Individualized strength and flexibility program.
- Progress proprioceptive and balance training to include wobble board or advanced single-leg balance activities.

6 months

- Running, jumping, and squatting are introduced and advanced.
- Sport specific training with careful monitoring in accordance to pain and swelling.