

## Achilles Tendon Post Operative Protocol

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### 0-1 Weeks:

- Post operative walking boot is applied with an Achilles wedge.
- Weight-bearing as tolerated is allowed
- Ankle isometrics in boot are initiated
- Boot may be removed for bathing on POD#2
- Daily dressing changes until skin clips or sutures removed.

### Week 1:

- Physical therapy is started with gentle mobilization and modalities as indicated to reduce edema and control pain
- Weight-bearing in boot only
- Active dorsiflexion is encouraged
- No passive dorsiflexion

### Week 2:

- Sutures/ skin clips removed.
- One section is removed from Achilles wedge every 2 weeks
- Compression sock is encouraged
- Progressive resistive plantar flexion exercises are initiated.

### Week 4:

- Passive dorsiflexion is allowed to neutral
- Begin low resistance cycling, seat height adjusted to avoid passive dorsiflexion beyond neutral

### Week 6:

- May remove boot for weight-bearing in PT, no dorsiflexion past neutral.

### Week 8:

- May discontinue boot.
- May begin passive dorsiflexion beyond neutral

## Week 12:

- May begin eccentric strengthening, progressive impact activities, loading and speed work
- Progress to sport specific activities as tolerated.

McWilliam JR, Mackay G. The internal brace for Midsubstance Achilles Ruptures

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