



Achilles' Tendon Repair

POST - OPERATIVE PROTOCOL	
Post-Op	<ul style="list-style-type: none"> Splinted and non-weight bearing
At 10-14 days	<ul style="list-style-type: none"> Surgical wound evaluation If surgical wound is healthy: <ul style="list-style-type: none"> Change to walking boot in maximum plantar flexion Begin active ankle dorsiflexion Partial weight-bearing with crutches
After 3 weeks	<ul style="list-style-type: none"> Remove sutures Partial weight-bearing with crutches
At 4 weeks	<ul style="list-style-type: none"> Change walking boot to 15 degrees of plantar flexion Partial weight-bearing with crutches
At 6 weeks	<ul style="list-style-type: none"> Walking boot to neutral at 6 weeks 1 ½ inch heel lift in walking boot Weight-bearing as tolerated
After 8 weeks	<ul style="list-style-type: none"> Normal shoe with 1 inch heel lift
After 10 weeks	<ul style="list-style-type: none"> Normal shoe with ½ inch heel lift
At 3 months	<ul style="list-style-type: none"> Normal shoe with no lift

PHSICAL THERAPY / REHABILITATION	
Phase I: Passive	Week 2 <ul style="list-style-type: none"> Active dorsiflexion to neutral Gravity plantar flexion while seated (maintain 90° degrees of knee flexion)
Phase 2: Active	Week 9 <ul style="list-style-type: none"> Active dorsiflexion Active plantar flexion Week 11 <ul style="list-style-type: none"> Calf strengthening Resisted plantar and dorsiflexion Week 13 <ul style="list-style-type: none"> Toe raise Continue stretching and strengthening

ESTIMATED TIME TO RETURN TO SPORT PARTICIPATION	
Running	4 months
Golf	4 - 5 months
Tennis	6 months
Contact Sports	6 months

For questions or concerns, please call BIDMC Sports Medicine at 617-667-3940.

Courtesy of Vanderbilt Sports Medicine