

ACHILLES REPAIR POST-OP PROTOCOL

DR ELRASHIDY – WEBSTER ORTHOPEDICS

Day 0 to Day 10-14: Post-mold splint in plantar flexion, NWB

Day 10-14: Sutures out and place CAM boot with heel wedge (20 degrees plantarflexion). Remain NWB x 1 additional week

CAM Boot on at all times (including at night) except:

- a) When showering
- b) Doing exercises (see below)

Ok to begin Active dorsiflexion (NO DF past neutral) and passive plantarflexion. Do this 1-2 times per day, with patient sitting with foot/leg hanging and knee at 90°)

Focus on:

- 1) Active DF to neutral
- 2) Gravity assisted PROM for plantarflexion

Weeks 3-6: Advance to WBAT in CAM Boot

Weeks 4-6: Remove wedge and continue WBAT in CAM Boot

- Foot should now be in neutral
- Emphasize gentle recovery of ankle ROM (gastroc/soleus stretching)

After week 6: Discontinue CAM boot

- Ok to begin cycling and resistant bands (for stretching) at **5-6 weeks**
- Begin progressive bilateral heel rise at **6-8 weeks** and unilateral heel rise at **3 months**
- Return to sport at **6 months**

DR ELRASHIDY, MD
Sports Medicine and Arthroscopy
Webster Orthopedics