Repair of Achilles Tendon Rupture Post-operative Protocol

Total 10 weeks of immobilization

- Post-op wks 1-2: Non-weightbearing x 2 weeks in a below knee cast applied 2-5 days after surgery (in a boot or splint immediately post-op)
- Post-op wks 3-10: Weightbearing in below-knee castboot (**Vacopeed** ideal) x 8 weeks

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

Non-weightbearing in a cast or Vacopeed Achilles Boot 30° 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 below-knee boot

Weightbearing in CAM boot for 6 weeks

- Post-op wks 3-4: Vacopeed Achilles Boot 20° or Three white 1cm wedges x 2 weeks
- Post-op wks 4-8: Vacopeed Achilles Boot 10° or Two white 1 cm wedges (remove from the top) x 4 weeks, sleep in splint
- Post-op wks 8-10: Vacopeed Achilles Boot 5° or Boot or Tayco Brace x 2 weeks with one white 1 cm wedge or two gel heel cushions (Dr. Scholl's, Spenco etc) or 1 SQHT heel cushion
- Post-op wk 10: Get out of the boot and use **two** gel heel cushions in **each** shoe (avoid flat shoes/sandals) or 1 SQHT heel cushion

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

- Progressive strengthening: initially with towel at 3 weeks, then double-legged, progress to single-legged heel raises starting at 8 wks post-op
- Can use Boost™ or AlterG™ treadmill starting at 50% bodyweight for bilateral to unilateral strengthening, progressing up to 85%
- **Note:** No stretching beyond 90° nor eccentric strengthening for 3-6 months (need concentric first!) Can use Blood Flow Restriction (BFR) training @ 12 wks (after complete wound healing).

Return to daily activity starts after physical therapy, takes about 8 to 12 postoperative weeks (until 4-5 mos post-op). Use heel cushions until 100%.

Return to sports in 20 to 32 weeks (5 to 7 months)

Driving allowed after 3rd post-operative week with boot off (if right foot involved).