



Post-Operative Protocol

Insertional Achilles Tendon Repair

Please note these are general guidelines and may change for various reasons on a case-by-case basis.

Please use extreme caution when using assistive devices such as crutches, walker or roll-a-bout. You can fall and injure something else!

If at any time after surgery you notice increasing pain, redness, drainage from the incision, fevers or chills, please contact Dr. Kestner's office (843) 572-2663

Do not use tobacco products!! It greatly reduces healing and increases the risk of complications.

Week 0-2 (Phase 0)

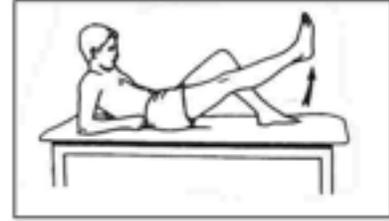
-Weight bearing: No weight bearing. Use crutches/walker/Roll-A-Bout as necessary.

-Dressing/wound care: Keep splint on at all times

-Activity: straight leg raises, toe curls.

Straight leg lift - With the brace on, tighten the quadriceps muscles so that the knee is flat, straight and fully extended.

Try to raise the entire leg up off the floor or bed. If you are able to do so keeping the knee straight, raise the leg to about 45 degrees, pause one second and then lower slowly. Repeat 20 times, twice a day.



Week 2–6 (phase 1: maximum protection)

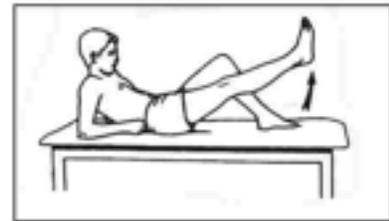
-Weight bearing: You may begin gentle weight bearing in a short leg cast. Use crutches or walker for support.

-Wound care: Stitches will be removed at the 2 week visit. Cast care: do not get the cast wet and do not stick anything inside of the cast.

-Activity: Straight leg lift, standing hamstring curl.

Straight leg lift - With the brace on, tighten the quadriceps muscles so that the knee is flat, straight and fully extended.

Try to raise the entire leg up off the floor or bed. If you are able to do so keeping the knee straight, raise the leg to about 45 degrees, pause one second and then lower slowly. Repeat 20 times, twice a day.



Standing Hamstring curl - With the brace on, stand facing a table which you will use for balance and support. While standing on the unoperated leg bend the knee of the operated side and raise the heel toward the buttock. Hold this flexed position for one second. Slowly lower the foot back to the floor. Keep the thighs aligned as illustrated. Repeat 20 times.



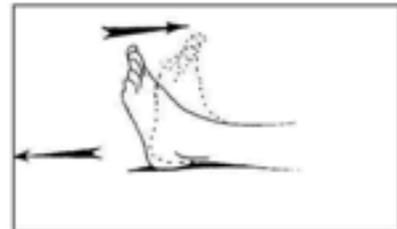
Week 6–10 (phase 2: initiate motion)

Weight bearing: Weight bearing as tolerated in CAM boot with shorter heel lift. Use a crutch for support until you are able to walk painlessly and without a limp.

Wound care: Continue daily gentle massage to incision site and surrounding skin and tissue. Call if any increasing redness or drainage.

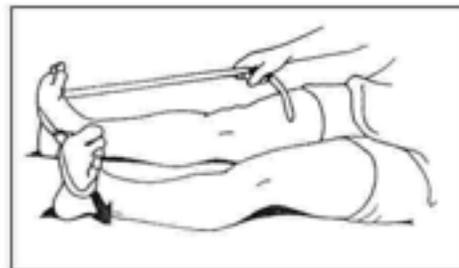
Activity: Ankle dorsiflexion, inversion and eversion only. May start with light therabands week 8. May use stationary bike with CAM boot starting week 8.

Ankle flexion-extension - Remove the brace.
Gently move the foot in an up and down motion. Do not try to force motion through pain, but move the foot up and down through the range of motion that is pain free. Repeat 20 times, three times a day.



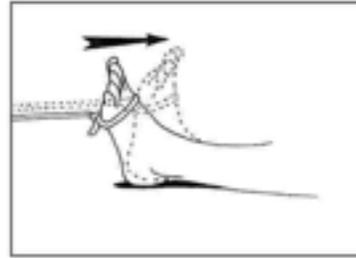
***Do not extend ankle past 90 degrees to your leg. Do not forcefully push your foot down. Let gravity bring your foot back down.

Ankle Eversion
With tubing anchored around uninvolved foot, slowly turn injured foot outward. Repeat 30 times.



Ankle Dorsiflexion

With tubing anchored on solid object, pull foot toward you knee. Repeat 30 times.



Ankle Inversion

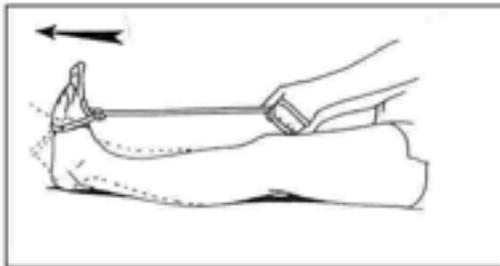
Cross legs with the operated foot underneath. With tubing anchored around uninvolved foot, slowly turn injured foot inward. Repeat 30 times.

Week 10–16 (phase 3: strengthening)

Weight bearing: Ween CAM boot and begin regular shoe with heel lift week 12.

Wound care: Continue daily gentle massage to incision site and surrounding skin and tissue. Call if any increasing redness or drainage.

Activity: Begin plantarflexion strengthening week 12. Increase theraband strength for dorsiflexion, inversion and eversion. May use stationary bike without CAM boot starting week 12, but use heel on pedal.



Ankle Plantar Flexion

With tubing around foot, press foot down. Repeat 30 times. This is the most important of the exercises.

Week 16+ (phase 4: advanced strengthening)

Weight bearing: full weight bearing in regular shoe

Activity: May begin double heel raises, lunges, squats.

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