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.
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.
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.

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

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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