



## **Dr. McDowell Foot/Ankle Procedures**

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[Achilles Tendon Repair](#)

## Achilles Tendon Repair

Postop	Goals	Precautions	Exercises
<b>Weeks 0-2</b> PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair	NWB with assistive device Immobilization in splint Brace- patient in plantarflexion	No formal PT
<b>Weeks 2-6</b> PT 2-3x/week HEP daily	DF- neutral Good weight acceptance on involved LE Discontinue crutches by <b>week 6</b>	50 % WB in CAM boot Active dorsiflexion, passive plantarflexion, ankle ROM NWB>PWB>WBAT CAM boot donned at all times Gradual removal of wedges at <b>4 weeks</b> postop (No wedges Dr. Skalak)	Gait training Isometrics (DF, PF, Inv, Ever) Seated heel raise Initiate resistance bands Seated BAPS Soft tissue mobilization/ scar massage/ desensitization
<b>Weeks 6-12</b> PT 2-3x/week HEP daily	Weight bearing in shoes Normalized gait pattern Ascend 8" step	WBAT at <b>6 weeks</b> if incision healed DC CAM boot- per MD direction Avoid aggravating activities No running or sport	Continue ROM Stationary bike through heel until 8 weeks Step ups, lateral step ups Mini squats Proprioceptive training Standing heel raises at 8 weeks Leg press
<b>Weeks 12-16</b> PT 1x/week HEP daily	Progress strength, balance, and gait Return to ADLs	Begin light jogging ( <b>14-16 weeks</b> ) Avoid aggravating activities	ROM/stretching Achilles as needed, other LE muscles Gait: Ensure good gait pattern SLB activities Progress to multiple planes Ankle theraband Begin functional strengthening exercises Leg press - bilateral Leg press calf press (bilateral, progress to unilateral) Progress to WB bilateral calf raises Proprioception activities – i.e. BAPS, balance board Hip and knee PRE's Soft tissue and joint mobs as needed Stairmaster, bike for cardio Lunges Forward running ( <b>14-16 weeks</b> ) Plyometric training