



Dr. Perdue Foot/Ankle Procedures

Foot/Ankle Procedures

[Achilles Tendon Repair](#)

Achilles Tendon Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 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
Weeks 2-6 PT 2-3x/week HEP daily	DF- neutral Good weight acceptance on involved LE Discontinue crutches by week 6	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 4 weeks 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
Weeks 6-12 PT 2-3x/week HEP daily	Weight bearing in shoes Normalized gait pattern Ascend 8" step	WBAT at 6 weeks 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
Weeks 12-16 PT 1x/week HEP daily	Progress strength, balance, and gait Return to ADLs	Begin light jogging (14-16 weeks) 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 (14-16 weeks) Plyometric training