



Dr. Skalak Foot/Ankle Procedures

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[Achilles Tendon Repair](#)

[Proximal Hamstring 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

Proximal Hamstring Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4	Improved quad control Normalized gait	Weight bearing: 20% with AD Brace locked at 30 degrees Avoid combined hip flexion and knee extension (lengthened hamstring position)	Gentle PROM of knee and hip (hip PROM with knee flexed at 90) Glute and quad set Gait training Core strength Initiate closed chain TKE
Weeks 4-6	Discharge brace and crutches at week 6 Week 5: progress WB to full by week 7	Avoid end ROM lengthened hamstring position Avoid walking up hills, fast walking	Initiate stationary bike Gentle hamstring stretching SLS and static proprioceptive activities Sub-max hamstring isometrics Begin at 30, 45, 60, 90 of knee flexion Supine SLR Hip strengthening Calf raises Core strength
Weeks 6-12	Full WB	Avoid aggressive stretching Slow progression for return to walking/elliptical on incline	Elliptical, treadmill walking Gentle isotonic resistive hamstring exercise Progress core and trunk Progress proprioception 10 week+ Gentle terminal hamstring stretching Progress hamstring and quad strengthening Leg press Bridge on ball Lunges Dead lifts. KB swings Advance core Dynamic proprioceptive activities
Weeks 12-16			Multi-directional plyometrics: DL – SL Progress single leg strength RDLs Progress to eccentric hamstring strength
Weeks 16-24		Manage pain	Multidirection running Resisted forward running Initiate sport specific drills