

Achilles Tendon Rupture



Access Portal!

General Information:

- This protocol provides you with general guidelines after surgery.
- Specific changes in the program will be made by your physician as appropriate for each individual patient.
- Everyone heals at a different rate. It may take up to 12 months to make a full recovery, and it is not unusual to have intermittent aches, pains, and swelling throughout the course of your rehabilitation process.
- There is a risk of re-rupture throughout the post-operative course. You should not attempt to put pressure on the operative site until you are cleared to do so by your surgeon.

Instructions For Patients

- **0-2 weeks Postoperatively**
 - Strict non-weightbearing in a short leg splint.
- **2-4 weeks Postoperatively**
 - Non-weightbearing in a short leg splint or CAM boot.
 - Wear the boot while sleeping.
- **4-8 weeks Postoperatively**
 - Weightbearing as tolerated in CAM boot.
 - You can remove the boot while sleeping.
 - Begin physical therapy.
- **8-12 weeks Postoperatively**
 - Transition to supportive athletic shoes and heel lift.
 - You may begin driving.
- **Exercise:**
 - Non-weightbearing seated exercises that do not involve the operative foot at 2 weeks post-op.
 - Gentle higher impact activities can begin at 12 weeks post-op.
 - Focus on seated weighted heel raises with slow and gradual increase in resistance level on a weekly basis.
 - It may take up to 12 months to make a full recovery, and it is not unusual to have intermittent aches and pains throughout the course of your rehabilitation.
 - Once you can perform a single heel rise or single leg hop, you may return to sports and other high impact activities. This may take between 6 months to 1 year depending upon the complexity of your fracture and your progression during rehabilitation.



Dr. Jonathan Hook

Please note that instructions are provided for patients of Dr. Hook. Always consult your Board-Certified Podiatrist before making any decisions/changes to your care plan as each patient's situation is unique.