

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.



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