

Bay Area Orthopedic Surgery and Sports Medicine

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Post-op Protocol for Achilles Tendon Repair

Immediate Post-op:

Leg is placed in short leg splint or cast in ankle dorsiflexion (easy) without tension on repair.

2 weeks post-op :

Splint/cast removed for wound check and suture removal.

4 weeks post-op:

With each cast/splint change the ankle is gradually dorsiflexed until a neutral position is reached at 4 weeks post-op.

6 weeks post-op:

- Splint/cast is removed and immobilization is discontinued.
- PT starts and includes gentle passive ROM of the foot and ankle.

8 weeks post-op:

Progressive resistive exercise is begun.

10 weeks post-op:

Aggressive walking is initiated.

14-16 weeks post-op:

Patient can return to sports activity.