

Achilles Insertional Repair and Retrocalcaneal Exostectomy Post Operative Protocol

Total 10 weeks of immobilization

- Nonweightbearing x 4 weeks
- Weightbearing in boot x 6 weeks

First postoperative follow up/ cast application within 2-5 days after surgery

Non-weightbearing in a below-knee cast in equinus (toes pointed down) for 2+ weeks

- May cross train with stationary bike with heel on the pedal

Cast and suture removal at 2+ weeks after surgery then transition into CAM boot with at least 2 white wedges and continue non-weightbearing in the boot for two more weeks.

- Active ROM (pointing toes, moving ankle side-side) of the ankle starts at three weeks. No stretching beyond 90°.
- Sleep with boot or splint (back portion of cast) until 8 wks

Weightbearing in CAM boot for 6 weeks until 10 wks post-op

- Post-op 4-6 wks: Two white wedges x 2 weeks in boot
- Post-op 6-8 wks: Boot x 2 weeks
 - 1 white wedge or two gel heel cushions (Dr. Scholl's, Spenco etc) or 1 SQHT 0.6 inch
- Post-op 8-10 wks: Boot x 2 add'l weeks with at least one heel cushion
- Get out of the boot @ 10 wks post-surgery and use one gel heel cushion in each shoe (avoid flat shoes & sandals)

*Swimming allowed at 8th week; no flip turns, with pull buoy

Physical therapy (6 – 12+ sessions) starts at 10th postoperative week

- Progressive strengthening: initially with towel at 3 weeks, then double legged, progress to single-legged heel raises from 8-16 wks
- Can use AlterG™ treadmill starting at 50% bodyweight for bilateral to unilateral strengthening, progressing up to 85%
- **Note:** No stretching nor eccentric strengthening for 3-6 months (need concentric first!)

Return to daily activity around 12 weeks. Keep bilateral heel cushions until 100%

Return to weight bearing sports activities 20 or more weeks

Driving allowed at 4th post-operative week (Remove boot)