Amol Saxena, DPM, FACFAS  
www.AmolSaxena.com

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

Nonweightbearing in a 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 and continue nonweightbearing in the boot for two more weeks.  
• Active ROM of the ankle starts at three weeks.  
• Sleep with boot or splint (back portion of cast) until 8 wks

Weightbearing in CAM boot for 6 weeks  
• Two wedges x 2 weeks  
• One wedge x 2 weeks  
• Boot x 2 weeks  
  o 1 week with two gel heel cushions (Dr. Scholl’s, Spenco etc)  
  o 1 week with one heel cushion  
• Get out of the boot and use one gel heel cushion in each shoe

*Swimming allowed at 6th week; no flip turns

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

Return to weight bearing sports activities 20 or more weeks
Driving allowed at 4th post-operative week (Remove boot)