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Debridement of Achilles tendon Post operative Protocol

Total 6 weeks of immobilization

- Nonweightbearing x 2 weeks
- Weightbearing in boot x4 weeks (until 6wks post surgery)

First postoperative follow up within 2-5 days after surgery

Nonweightbearing in CAM boot for 2 weeks

- May cross train with stationary bike with heel on pedal

Suture removal at 2 weeks after surgery then transition to weight-bearing as tolerated for another 4 weeks

- Active ROM of the ankle starts at three weeks.

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

- Progressive strengthening: initially with towel at 3 weeks, then single-legged heel raises
- 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 weight bearing sports activities between 12-16 weeks

Driving allowed at 3rd post operative week