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ACHILLES TENDON REPAIR
POST-OP ACTIVITY GUIDELINES – Gustavel

POST-OP DAY 2-3:	Appointment:	Physician Extender for casting
	Shoe:	- Dressing changed, put in cast - Take shoes to be modified with 1 inch lift on both shoes. (Once you get the shoes, ONLY WEAR the elevated shoe on the uninjured side)
	Weight bearing	- OK to weight bear in boot with wedges as tolerated / progress off crutches as tolerated
2 Weeks POST-OP	Appointment:	MD check / Bring crutches to appointment
	Shoe:	-Change cast / check incision / remove sutures -Post-op boot locked with wedges
	Weight bearing:	OK to bear weight as tolerated / progress off crutches as tolerated
	Exercise:	Upper body only
4 Weeks POST-OP	Appointments:	MD Check 30 min prior to P.T. / Initial P.T. appt. (early afternoon)
	Shoes:	-Discontinue cast -Wear boot with 2 wedges
	Weight bearing:	As tolerated
	Exercise:	-Ok to do stationary bike in boot -Start ankle range of motion /strength exercises per PT evaluation
5 weeks POST-OP	Shoes:	Wear boot with 1 wedge
6 Weeks POST-OP	Appointments:	Physical Therapy appointment
	Shoes:	-Ok to discontinue boot if able. OR Use boot with no lift, then wean out of boot. -Wear elevated shoe with 1 inch lift - Decrease heel lift by ¼ inch per week - DO NOT walk barefoot
	Weight bearing:	As tolerated, work on normal gait
	Exercise:	-Ok to do stationary bike -Range of motion and strength exercise based on assessment by PT/ATC. *If indicated, may recommend regular PT appointments OR may do majority of exercise program on own.
8 Weeks POST-OP	Appointments:	Rehab appointment for progression of exercises
	Shoes:	- Continue to decrease elevated heel lift - DO NOT walk barefoot.
	Exercise:	- Progression of program based on assessment by PT / ATC.

10 weeks POST-OP	Appointments:	MC Check / Rehab appointment
	Shoes:	Normal Shoes