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ACHILLES TENDON REPAIR

POST-OP ACTIVITY GUIDELINES – Gustavel

POST-OP Week 1	Appointment	Cast change
	Shoe	Dressing changed, put in cast
	Non-weight Bearing	Patient will use crutches due to non-weight bearing status
POST-OP Week 2	Appointment	MD check
	Shoe	Change cast / check incision / remove sutures Post-op cast
	Weight Bearing	Progress to partial-weight-bearing up to 50lbs as symptoms allow in cast
	Exercise	Upper body as cast allows
POST-OP Week 4	Appointment	MD check
	Shoe	Progress to walking boot
	Weight Bearing	Progress to full weight-bearing
	Exercise	Okay to use stationary bike in boot Start ankle range of motion per PT evaluation Start strength exercises per PT evaluation
Post-OP Week 5	Shoe	Walking boot
POST-OP Week 6	Appointment	Physical Therapy appointment
	Shoe	Walking boot
	Weight Bearing	As tolerated, work on a normal gait DO NOT walk barefoot
	Exercise	Okay to use a stationary bike Range of motion and strength exercise based on assessment by PT/ATC
POST-OP Week 8	Appointment	Physical Therapy appointment
	Shoe	Continue to decrease elevated heel lift DO NOT walk barefoot
	Weight Bearing	Full weight bearing with a normal gait
	Exercise	Progression of exercise based on assessment by PT/ATC
POST-OP Week 10	Appointment	MD check / Physical Therapy
	Shoe	Normal shoes