



# ACHILLES REPAIR POST-OP PROTOCOL

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**Patient Name:**  
**Date of Surgery:**

## **Phase I - Initial Phase (Weeks 0-2)**

Splint for 2 weeks in 20 degrees of plantar flexion  
Decrease angle of plantarflexion to 10 degrees at 2 weeks  
Suture removal and CAM boot with heel lift at 2 weeks  
Start range of motion exercises at 2 weeks  
Start full weight-bearing at 2 weeks in boot

## **Phase II - Passive Phase (Weeks 3-6)**

Foot is brought up to neutral position at 3 weeks. Continue full weight-bearing  
Discontinue boot and ambulate in shoe with 1-cm heel lift at 4 weeks  
Achieve neutral position by 6 weeks  
Neutral position in CAM boot and full weight-bearing at 6 weeks

## **Phase III - Resisted Phase (Week 7-10)**

Progressive resistant exercises at 8 weeks  
Aggressive walking at 10 weeks

## **Phase IV - Long-Range**

RTP 14 to 16 weeks after injury  
By 6 months, 93% of patients returned to full activity