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Achilles Repair Protocol:

The patient underwent an Achilles tendon repair. Rehabilitation will begin at the first postoperative visit and involves nonweightbearing with crutches for 6 weeks with the use of a removable Cam Walker boot locked at 20 degrees of equinus for the first 4 weeks. The boot is to be worn at all times including during sleep and should only be removed for the hourly early range of motion rehab protocol. The protocol involves the removal of the boot for 5 minutes every hour while awake, and with the patient in a seated position and their injured leg hanging, active ankle dorsiflexion to neutral is performed followed by passive plantar flexion with gravity assistance to within comfort. At 4 weeks postop the boot angle will be changed to a neutral position and the rehab continued. Weight-bearing as tolerated with the orthosis in place is initiated 6 weeks postop. At 8 weeks postop the orthosis is discontinued, and crutches are weaned. Toe raise exercises with the nonaffected leg supporting the injured leg are then begun. Once the patient can initiate toe raising on the injured leg alone, they are graduated to formal physical therapy for stretching and strengthening to begin.