

Achilles Reconstruction Post Op Protocol

Day 0-14	Do not bear weight on operative leg. Keep it elevated as much as possible. Keep dressing clean and dry
Day 14-21	1 st Visit – remove stitches. Transition to Cam Boot with 2 heel lifts.
Week 3	Begin to stand in Boot with 2 heel lifts. May shower but do not submerge wound in water.
Week 4	50% Weight bearing in boot with 2 wedges.
Week 5	75% Weight bearing in boot with 2 wedges.
Week 6-7	2 nd Visit –Full Weight bear in boot with 2 wedges. Remove 1 wedge slip a week starting at Week 7. Begin transition from boot to tennis shoe. Begin physical therapy
Week 8- 12	Increase walking distance in Tennis Shoe with heel lift. May need cane. No jumping, running or resistance exercises outside of PT
Week 12	3 rd Visit. No longer in boot. Increase Activity in normal shoe. Increase distance
Week 12- 6 months	Continue Physical Therapy. Begin light jogging with Physical Therapy.
9 months	Begin Return to sport w/ no restrictions– may take 18 months to get back to full strength

Common Answers to Common Questions

- Keep Surgical Dressing on until your first follow up appointment. DO NOT REMOVE! It is important to keep your wounds covered.
- Keep your dressing dry at all times. When bathing use a cast bag. Cast bags are found at most CVS and Walgreen’s pharmacies
- The wound normally is healed by 3 weeks. You can begin to shower at this time. Do not pick scabs or aggressively scrub the wound at this time. Do not submerge the wound under water (as in a bath) until week 5-6. Do not use any scented body washes, soaps or lotions. Simply using dial soap and gently allowing water to rinse the leg will remove dead skin, dry skin, and clean the skin.
- If you desire you can use mederma scar gel ointment to help the scar heal.
- Recommended assistive devices: knee scooter, crutches, walker