

GARRETT COUNTY ORTHOPAEDICS
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Percutaneous Achilles Tenotomy Rehabilitation Protocol

Post-op Days 1-2

Gait: non-weight bearing with crutches in CAM Boot, elevate

Post-op Day 3-4

Gait: non-weight bearing, may come out of boot(may use for protection), change dressing

Exercises:

1. Isometric strengthening at 3 different angles
 - a. Maximum dorsiflexion
 - b. Maximum plantarflexion
 - c. Point midway between the two
2. Effusion control:
 - a. ice post exercise x 20 minutes
 - b. elevation

Post-op Day 5-6

Gait: Partial weight bearing in boot

Exercises:

Continue above.

Post-op Week Day 7-13

Gait: Progress partial weight bearing to full weight bearing in walker boot with crutches.

Exercises:

1. Isometric strengthening at 3 different angles
 - a. Maximum dorsiflexion
 - b. Maximum plantarflexion
 - c. Point midway between the two
2. May begin stationary bike.
3. Begin gradual progressive eccentric exercises
4. Effusion control:
 - a. ice post exercise x 20 minutes
 - b. elevation

Post-op Day 14

Gait: Full weight bearing in walker boot(for 1 more week). D/C crutches when normal gait achieved.

- Follow up appointment and remove sutures

Exercises:

1. Continue above exercises.

Post-op Day 21

Exercises:

1. Continue above exercises.
2. May begin concentric exercises
3. After wounds are well healed, begin Ultrasound treatment
4. Gradual progressive return to activities.

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