

Center for Athletic Medicine
Dr. Preston Wolin
Achilles Repair Protocol

~Please call 773.248.4150 with any and all questions~

Post op day 1 to ~4wk:

NWB in posterior cast x 1 wk

Begin TTWB in hinged CAM walker boot (20 or 30 degrees PF)

Active DF and Passive PF (30 degrees to full plantar flexion)

Advance as tolerated to WBAT in CAM walker when get to neutral in boot.

Increase dorsiflexion by 10 degrees per week until neutral

Begin light resistance for INV and EV s/p week 1

Passive ROM PF x 4wks

Active ROM PF at 5-6wks

Begin resistance for FWB PF at 9-10 wks

Begin Scar massage as healing allows

D/C boot at s/p 6wks and provide heel lift (1/4 –1/2 inch)

D/C heel lift as tolerated (after approx. 10 weeks post-op)

Resistance for FWB PF at 9-10 wks

*****If a patient is not progressing, please call the office for recommendations*****