


HOME CARE PROTOCOL ACHILLES TENDON NON-SURGICAL REPAIR

Your starting date: _____

INSTRUCTIONS FOR:	WEEKS FROM STARTING DATE _____								
Name _____	0	1	2	4	6	8	10	12	16
>> Write your dates here 									
1) Non-weight bearing (NWB) in boot 24/7	✓	✓							
2) Office visit: • Appointment times may vary slightly	✓				✓			✓	
3) Weight bearing in boot w/ two heel lifts (wean crutches) -- Note: <u>The boot must be on at all times</u> (see sleep/drive schedule below)	NWB		✓	✓	✓	✓	✓		
4) Sleep in splint/boot (cover with boot cover, pillow case, or stockinette)	✓	✓	✓	✓	✓				
5) Sit while showering	✓	✓	✓	✓	✓	✓			
6) No driving if right-sided repair	✓	✓	✓	✓	✓				
7) Reduce pain medicine (strength, frequency)	✓	✓	✓	✓	✓	✓	✓	✓	
8) PT 1-3 times/wk - <u>written protocol attached</u>			✓	✓	✓	✓	✓	✓	✓
9) May get into pool/bath from this point on				✓					
10) Discontinue (remove) 1 st heel lift in boot						✓			
11) Discontinue (remove) 2 nd heel lift in boot							✓		
12) Wean from boot into regular shoes as able							✓		
13) Advance to jogging, then running/jumping (see rehab therapy protocol for details)									✓