



HOME CARE- ACHILLES TENDON SURGICAL REPAIR

INSTRUCTIONS FOR:	WEEKS FROM SURGERY DATE _____									
Name _____	0	1	2	4	6	7	8	10	12	16
>> Write your dates here										
1) Non-weight bearing (NWB) in splint 24/7	✓	✓								
2) Office visit: • Appointment times may vary slightly • Sutures typically come out at 2 weeks (*or at 3 weeks if you have diabetes)			✓*		✓				✓	
3) Weight bearing in boot w/ 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) Daily scar massage			✓	✓	✓	✓	✓	✓	✓	
10) May get into pool/bath from this point on if skin is healed			✓	✓						
11) Discontinue (remove) 1 st heel lift in boot						✓				
12) Discontinue (remove) 2 nd heel lift in boot							✓			
13) Wean from boot into shoes as able							✓	✓		
14) Advance to jogging, then running/jumping (see rehab therapy protocol for details)										✓