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POST-OPERATIVE ACHILLES PROTOCOL

Michael B. Gerhardt, M.D.

- WEEK 1 SPLINT, STITCHES REMOVED, CONTINUE CRUTCHES
(LIMITED WEIGHT BEARING) CAM WALKER WITH ½
INCH HEEL LIFT
- WEEK 3 PHYSICAL THERAPY BEGINS
- WEEK 4 DISCONTINUE USE OF CRUTCHES, CONTINUE CAM
WALKER WITH ¼ HEEL LIFT
- WEEK 6 REGULAR SHOE WITH ¼ HEEL LIFT

PHYSICAL THERAPY

- WEEK 3 PROGRESSIVE WEIGHT BEARING IN BOOT WITH
HEEL LIFT, ACTIVE ROM ONLY.
- WEEK 4-6 GENTLE ROM, FULL WEIGHT BEARING IN BOOT.
- WEEK 6-12 REGULAR SHOE WITH HEEL LIFT. DOUBLE LEG TOE
RAISES, PROPRIOCEPTIVE EXERCISES.
- WEEK 12 OUTDOOR RUNNING AND STRENGTHENING, SINGLE
LEG TOE RAISE.