

Surgery Date: _____

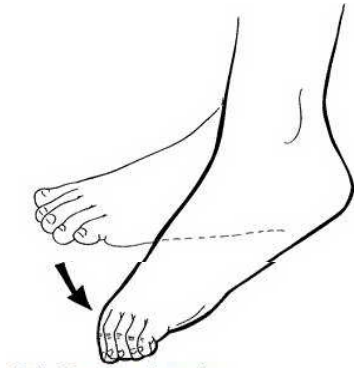
WEEKS	GUIDELINES / PHYSICAL THERAPY PARAMETERS	GOALS
0-3	• Cast/splint NWB (non-weight bearing) • Education on proper crutch/knee scooter use • AROM of hip and knee • Rest and elevation of limb above heart • Sutures removed ~ 3-week post op visit	• Safe crutch / scooter use • Control swelling and pain
3-6	• WBAT (weight bearing) in boot with heel wedges at 3 weeks post-op • Keep boot on at ALL times except for exercises (see below) 2-3x/day, boot / splint on at night • Refer to Weeks 3-6 Exercises Sheet (attached) • At 4 wks post-op, remove 1st wedge • At 5 wks post-op, remove 2nd wedge • At 6 wks post-op, remove 3rd wedge	• Increase ROM • Maintain hip and knee ROM • Safe use of crutches / scooter • Start PT (physical therapy) • <u>*NO PASSIVE DORSIFLEXION PAST NEUTRAL*</u>
6-10	• WBAT in walker boot at 6 weeks postop (flat in boot) • <u>*NO PASSIVE DORSIFLEXION PAST NEUTRAL*</u> • AROM at ankle • Core exercise - recruit transverse abdominus / SLR • Hip strength: - glut med./ abduction • Elevate to control swelling • Scar massage • Begin cycling on stationary bike in boot • Light theraband for DF/PF/INV/EV at 8 weeks post-op • Can sleep without boot	• Maintain ankle ROM • Hip/Knee ROM/strength • Improve core strength • Safe use of crutches • Increase mobility of scar • WB in boot
10-14	• Start weaning boot – practice standing, weight shift, and small periods of walking – gradually increasing time and distance to be completely out of the boot by 12 wks • <u>*NO PASSIVE DORSIFLEXION PAST NEUTRAL*</u> • Gait training in a shoe (can use heel wedge in shoe) • Scar massage, heat, joint mobilizations, reduce edema • Stationary bicycle • Low level balance and proprioceptive exercises • Progressive strengthening of hip, knee and ankle	• Wean from boot to shoe • Increase core, hip, knee and ankle strength • Safe gait with/without walking aid

14-16	• Begin unilateral stance exercises • Bilateral heel raises progressing to unilateral heel raises by 16 weeks • No eccentric drops until 16 weeks post-op • Higher level balance/proprioceptive exercises • Scar massage, heat, joint mobilizations, reduce edema • Swimming, stationary bicycle	• Ambulation with no walking aid • Minimum of 0 degrees DF • Good balance in unilateral stance
16+	• Progress to sport or work specific activity • Progress to dynamic drills: hopping, skipping, jumping • Eccentric drops • Swimming, stationary bicycle, running	• Higher level balance/proprioception in unilateral stance • Full strength

Guidelines

- Your surgeon may alter these guidelines postoperatively.
- It is normal for the operative limb to be swollen up to 6-12 months post-op.
- The patient may drive if the surgery is on the LEFT foot as pain and swelling allows, if balance can be maintained, and patient can adhere to post op protocol.
- If the surgery is on the RIGHT foot, it will be almost 3 months before resuming driving. You CANNOT drive while your foot is in a CAM boot.
- **It is important to bring this protocol to your physical therapy appointments, so your therapist is aware of the precautions.**
- **It is extremely important to avoid falling in the post operative period, as this increases the risk of compromising the repair. This is especially vital when the CAM boot is not being worn.**

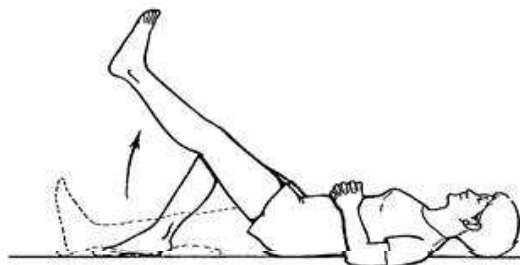
EXERCISES (Weeks 3-6 Post-Op)



Ankle Plantarflexion/Dorsiflexion AROM (Achilles Repair)

1. Knee bend to 90 degrees (foot off the table sitting)
2. Push the foot down and then slowly flex up to neutral (foot parallel to the ground)

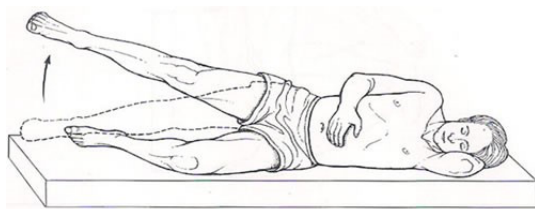
30 reps, 3x/day



Straight Leg Raises

1. Lie on back with knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it up to the other knee, slowly lower

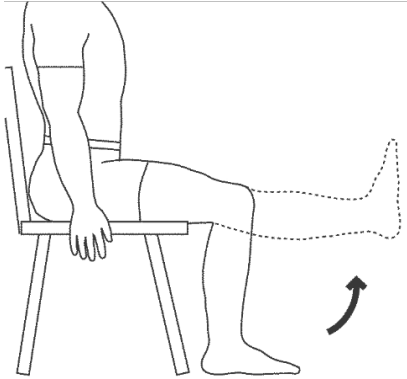
2-3 sets, 10 reps, 1x/day



Side Lying Leg Raises

1. Lie on side with straight leg on top, Lower leg bent, abdominals engaged.
 2. Lift the top leg straight up and then slowly lower.
- * Do not crunch at your waist

2-3 sets, 10 reps, 1x/day



Long Arc Quads

1. Sit with knee bent at 90 degrees.
2. Fully straighten knee so that leg is parallel to the ground.
3. Slowly return leg to starting position.

2-3 sets, 10 reps, 1x/day