

## **Achilles Repair**

### **2 week post-op visit:**

- splint/suture removal
- boot with wedges (bring boot with you)
- progress weight over 2 weeks with boot/wedges/crutches (as long as incision healing well).
- gentle ankle ROM
- begin PT
- Ultrasound after visit to rule out DVT

### **4 week post-op visit:**

- continue PT
- continue WB with boot/wedges, removing 1 wedge/week over 4 weeks
  - then progress out of boot into sneaker over 2 weeks
- Driving
  - Left foot: beginning now
  - Right foot: not until re-evaluated
- Flying: not until re-evaluated

### **10 week post-op visit:**

- continue PT
- advance to non-impact activities as tolerated (walking, stationary bike, elliptical)

### **5 month post-op visit:**

- advance to all activities as tolerated (with gradual return to sports over time, usually by 9 months to a year, which is sport dependent)
- f/u as needed

### **For more information:**

- [www.aofas.org](http://www.aofas.org): "Foot Care MD"
- [www.footeducation.com](http://www.footeducation.com)
- [www.footandanklenewyork.com](http://www.footandanklenewyork.com)
- <https://shop-recovery.net/Ellis> (to purchase medical equipment approved by Dr Ellis)