

Achilles Tendinosis

2 week post-op visit:

- splint/suture removal
- boot with wedges (bring boot with you)
- remain non-weight bearing
- gentle ankle ROM
- discuss plans for PT (should make PT appointment for after 6 week visit)
- Ultrasound after visit to rule out DVT

6 week post-op visit:

- begin PT
- begin 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

12 week post-op visit:

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

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