



Sports Medicine, Joint Preservation & Cartilage Restoration

# Kelechi R. Okoroha, MD

HIP, KNEE, SHOULDER, ELBOW

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## ACHILLES TENDON REPAIR

### Rehab Protocol

	WEIGHT BEARING	WALKING BOOT	EXERCISES
<b>0 - 2 Weeks</b>	Non weight bearing at all times until first PO visit	Post op splint. NO weight-bearing	NONE
<b>2 - 4 Weeks</b>	Full with 2 heel wedges in boot	Worn at all times - removed for hygiene and exercises while seated	Active dorsiflexion, passive plantar flexion, ankle ROM
<b>4 - 6 Weeks</b>	Full with 1 heel wedge in boot	Worn at all times - removed for hygiene and exercises while seated	Active dorsiflexion, passive plantar flexion, ankle ROM
<b>6 - 12 Weeks</b>	Full weight bearing with no heel wedges.	May begin to wean boot as tolerated.	Begin PT for strengthening. Ok with BFR.
<b>Week 12 - 6 Months</b>	Full and pain free	None	ROM/stretching as needed Ensure good gait pattern SLB activities Ankle theraband Leg Press - bilateral Leg press toe raises (bilateral , progress to unilateral) Soft tissue and joint mobs Proprioception activities Progress to further activities as tolerated



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Other Locations