

POSTOPERATIVE PROTOCOL

Achilles Insertional Repair and Retrocalcaneal Exostectomy

Total 10 weeks of immobilization

- Non-weight-bearing x 4 weeks
- Weight-bearing in boot x 6 weeks

First postoperative follow up/ cast application within 2-5 days after surgery

- Non-weight-bearing in a cast in equinus (toes pointed down) for 2 weeks
- May cross train with stationary bike with heel on the pedal

Cast and suture removal at 2+ weeks after surgery then transition into CAM boot and continue non-weight-bearing in the boot for two more weeks.

- Active ROM of the ankle starts at three weeks.
- Sleep with boot or splint (back portion of cast) until 8 weeks

Weight-bearing in CAM boot for 6 weeks

- Two wedges x 2 weeks
- One wedge x 2 weeks
- Boot x 2 weeks
 - 1 week with two gel heel cushions (Dispensed at appointment)
 - 1 week with one heel cushion
- Get out of the boot and use one gel heel cushion in each shoe

*Swimming allowed at 6th week; no flip turns

Physical therapy (6 – 12+ sessions) starts at 10th postoperative week

- Progressive strengthening: initially with towel at 3 weeks, then double legged, progress to single-legged heel raises from 8-16 weeks
- Can use AlterG™ treadmill starting at 50% bodyweight for bilateral to unilateral strengthening, progressing up to 85%
- **Note:** No stretching nor eccentric strengthening for 3-6 months (need concentric first!)

Return to daily activity around 12 weeks

Return to weight bearing sports activities 20 or more weeks

Driving allowed at 4th postoperative week (Remove boot)