

## **Achilles Tendinosis+/- Paratenonitis**

### **Achilles Reconstruction**

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#### **Achilles Reconstruction**

- After surgery: Plantarflexed splint. NWB.
- 10-14 days: Return to clinic. Remove splint, apply CAM boot with heel inserts to maintain plantar flexion. Continue NWB. May shower.
- 4 weeks: Progressive WB in boot with assist device. Begin active plantarflexion ROM out of boot.
- 6 weeks: Return to clinic. WBAT in boot. One wedge removed. Plantarflexion decreased one wedge every 2 weeks until neutral in boot.
- 8 weeks: Gentle passive stretching started. Introduce strengthening in PT. Begin to slowly wean into shoes. Compression sock as needed.
- 12 weeks: Return to clinic. In normal shoes. Ramp up daily activities. If increased pain one day, apply boot until relieved.
- 6 months: Return to clinic. Non-impact activities begin.
- 1 year: Return to clinic. Running and gradual return to sport over many months. Will not return to full capacity until 1-2 years
- **Simple debridement, no FHL**
  - After Surgery: NWB in plantarflexed splint.
  - 10-14 Days: Return to clinic. WB in boot until 6 weeks. Active ROM out of boot. May shower. PT to start at 4 weeks with ROM. 6 weeks progressive strengthening.
  - 6 weeks: Return to clinic. Boot removed as able.
  - 12 weeks: Return to clinic.

#### **Nonoperative Treatment:**

- CAM Boot x 2-3 months at all times except for stretching
- After healing, Eccentric stretching in athletes (6) and general population (7), modalities (massage and ultrasound)

Last Updated 9/9/14