



Achilles Tendinopathy

Post-Surgical Guidelines

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- Week 0-2** Rest, elevate limb, take medications, keep dressing dry and boot on.
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- Week 2 Post-op** Return to clinic for suture removal.
Examination of the surgical site will occur and you will continue WBAT (weight bearing as tolerated) in the medical boot (adjusted at this visit).
Boot may be removed for sleep, non-weight-bearing showers.
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- Week 6 Post-op** If cleared by MD, patient will wean into Achillotrain brace with PT.
Use brace and sneaker until next follow up appointment with MD in 4 weeks.
Start Physical Therapy.
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- Week 10 Post-op** PT check, new x-rays.
Continue PT as needed and advance to home program as determined by PT/MD.