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POST-OP BRIDGE PROGRAM · UNTIL PHYSICAL THERAPY BEGINS · SHAYNEKELLYORTHO.COM

After Achilles Tendon Repair: First Two Weeks

PRECAUTIONS — READ FIRST

Wear your splint AT ALL TIMES unless Dr. Kelly tells you otherwise. Do NOT put weight on the operated leg — use your crutches. Do NOT pull your toes or foot up toward you and do NOT stretch the ankle in any direction. Keep the dressing clean and dry. Elevate the leg above the level of your heart as much as possible.



Toe Wiggles 10-15 times, every hour while awake

With the splint on, wiggle your toes through their comfortable motion. This helps circulation and swelling.



Quad Sets 10-15 times, 2-3 sets, 2-3 times a day

Lying with the operated leg straight and the splint on, tighten the muscles on the front of your thigh, pressing the back of the knee down. Hold 5 seconds. Relax.



Straight Leg Raise (splint on) 10-15 times, 2 sets, 2-3 times a day

Lying on your back with the other knee bent, tighten the thigh of the operated leg and lift the whole leg, splint and all, about one foot off the bed. Lower slowly.



Side-Lying Hip Abduction (splint on) 10-15 times, 2 sets, 2-3 times a day

Lying on your non-operated side, lift the operated leg toward the ceiling with the knee straight. Lower slowly.





Prone Hip Extension (splint on) 10-15 times.

2 sets, 2-3 times a day

Lying on your stomach, lift the operated leg a few inches off the bed with the knee straight. Lower slowly.



Seated Knee Bends 10-15 times, 2-3 times a day

Sitting at the edge of a bed or chair, gently bend and straighten the knee of the operated leg. The splint stays on; the knee is free to move.

LATER IN RECOVERY — WHAT COMES NEXT (ONLY WHEN DR. KELLY AND YOUR THERAPIST CLEAR YOU)

These are NOT for the first weeks. Once you are out of the splint, in the walking boot, and your therapist starts you (typically after week 4), your ankle begins moving again. This preview shows where your recovery is headed.



Ankle Range of Motion — All Planes Per

your therapist's instruction

Gently bend the ankle up and down, in and out, and trace slow circles in both directions. Many patients also 'write the alphabet' in the air with their big toe.



Seated Towel Stretch (gastroc/soleus) Per

your therapist's instruction

Sitting with the leg straight, loop a towel around the ball of your foot and gently pull toward you until a light calf stretch is felt — never pain in the Achilles region.



Intrinsic Foot Exercises Per your therapist's

instruction

Scrunch a towel toward you with your toes, or pick up marbles with your toes, to wake up the small muscles of the foot.



Stationary Bike (low resistance) **Per your therapist's instruction**

Easy pedaling with minimal resistance, as your therapist directs.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.