



# Town Center

## ORTHOPAEDICS

### **0-2 Weeks after surgery/injury:**

- Non weight bearing in a splint/below the knee cam boot with 2cm heel lift. Please always keep the boot on except for showering for the first 4 weeks.
- Non weight bearing with crutches
- Splint off/ Sutures out (10-14 days after surgery)

### **2-6 WEEKS after surgery/injury:**

- **Physical therapy to start at week 4 post-op** (Needs aggressive functional physical therapy).
- Tall below-the-knee CAM boot with 3 heel lifts.
- Protected weight-bearing with crutches.
- **Physical therapy WEEKS 4-6 to include:**
  - Active plantar flexion and dorsiflexion in neutral, inversion/eversion below neutral
  - Modalities to control swelling (Ice, Elevation, and Compression socks)
  - Knee/hip exercises as appropriate
  - NWB fitness/cardio work
  - Hydrotherapy (within motion and weight-bearing limitations)
- **2 weeks after surgery/injury:** 50% weight bearing with crutches (Day 14-21)
- **3 weeks after surgery/injury:** 75% weight bearing with crutches
- **4 weeks after surgery/injury:** 100% weight bearing w/o crutches – 2 heel lifts
- **5 weeks after surgery/injury:** 100% weight bearing w/o crutches – Remove 1 heel lift
- **6 weeks after surgery/injury:** Remove the last heel lift

### **6-8 WEEKS after surgery/injury:**

- Tall below-the-knee CAM boot
- Weight bearing as tolerated
- Dorsiflexion stretching, SLOWLY
- Graduated resistance exercises (OKC, CKC, functional)
- Proprioceptive and gait retraining
- Modalities as indicated
- Fitness/cardio to include weight bearing as tolerated
- Hydrotherapy

### **8-12 WEEKS after surgery/injury:**

- Wean out of boot into good athletic shoe



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- Return to crutches/cane as necessary; then wean off

\*Based on Willits K, et al. Operative versus nonoperative treatment of acute Achilles tendon ruptures: a multicenter randomized trial using accelerated functional rehabilitation. J Bone Joint Surg Am. 2010 Dec 1;92(17):2767-75. doi: 10.2106/JBJS.I.01401. Epub 2010 Oct 29. PMID: 21037028.