

Bryan T. Kelly, MD
Orthopedic Surgery and Sports Medicine
The Hospital for Special Surgery &
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525 E 70th Street, Starr 2 NY, NY 10021
HSS: 212-606-1159 NYP: 212-746-5348

POST-OPERATIVE INSTRUCTIONS
ACHILLES TENDON REPAIR

1. Keep foot elevated as much as possible for the first two weeks.
2. Use crutches for walking. Do not put any weight on the operated leg.
3. You may shower on post-operative day #3, if the wound has been dry for one day. Keep the splint and foot dry by covering with a plastic bag or plastic wrap.
4. Please schedule a follow-up appointment for suture removal, 10-14 days post-operatively.
5. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
6. Enclosed you will find a prescription for you to use post-operatively. Vicodin, a narcotic, is to be used on an "as needed" basis for pain.

If you have any questions, please feel free to call our office.

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Patient Name:

Date:

POST-OPERATIVE PHYSICAL THERAPY
ACHILLES TENDON REPAIR

1. NWB in plaster splint in plantar flexion for 10-14 days.

2. At first post-op visit (10-14 days):
 - * Switch to cam walker boot in neutral (foot flat). PWB with crutches until 6 weeks.
 - * Walk with foot flat - no active plantar flexion.
 - * Remove cam boot each day for active dorsi flexion to neutral; and passive plantar flexion. No passive heelcord stretching.
 - * Can use exercise bike with cam boot on.
 - * Active inversion and eversion R.O.M.
 - * Scar immobilization

3. At 6 weeks:
 - * Begin active plantar flexion - begin with isometrics, progress to isotonic.
 - * Dorsi flexion isotonic.
 - * Achilles tendon stretch with towel. R.O.M. exercises.
 - * Begin FWB at 6 weeks.
 - * Proprioception training.
 - * Wear cam boot up to 8 weeks post-op. Can use high top shoe after cam boot.

4. At 12 weeks:
 - * Continue plantar flexion and dorsi flexion isotonic.
 - * Add isokinetics
 - * Continue inversion / eversion isotonic.
 - * Proprioception training.
 - * Retro program, stairmaster, versaclimber.

Please send progress notes.

Physician's Signature: _____
Bryan T. Kelly, MD