



Orthopaedics Victoria

TENDO ACHILLES REPAIR

Patient name:

Date of surgery:

Surgeon:

0-2 weeks:

Non weightbearing
Backslab or Cam boot in Plantarflexion (3 wedges)
Elevate

2-4 weeks

Non weightbearing
Mobilise using crutches, knee scooter or frame
CAM boot in Plantarflexion

4-6 weeks

Partial Weightbear in CAM boot
Active plantarflexion/inversion.eversion below neutral

6-8 weeks

Weightbear in CAM boot
Remove wedges over this period to flat then cease boot

8-12 weeks

Range of motion
Light calf raises (double)/ No stretching

3-6 months

Single calf raises/Lunges/ Light stretching

6 months

Jogging
Strengthening/proprioception/balance

8-12 months

Return to sport

MODIFICATIONS