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## Achilles Tendon Non-operative Guidelines

Post Op Time:	Exercise Progression
Week 1-4	<ul style="list-style-type: none"> <li>▪ NWB</li> <li>▪ Walking boot with heel lift</li> <li>▪ Active Dorsiflexion</li> </ul>
Week 4-6	<ul style="list-style-type: none"> <li>▪ Transition to PWB</li> <li>▪ Reduce heel lift</li> <li>▪ AROM</li> </ul>
Week 6-8	<ul style="list-style-type: none"> <li>▪ Follow MD orders re: walking boot usage</li> <li>▪ FWB w/heel lift</li> <li>▪ Begin gentle strengthening</li> </ul>
Week 8-11	<ul style="list-style-type: none"> <li>▪ ¼" heel lift</li> <li>▪ Progress strengthening</li> </ul>
Week 11-14	<ul style="list-style-type: none"> <li>▪ Remove lift as appropriate</li> <li>▪ Begin aggressive strengthening</li> </ul>
Week 14-16	<ul style="list-style-type: none"> <li>▪ Begin jogging</li> <li>▪ Progress to running</li> <li>▪ Progress to bounding</li> </ul>
6-8 Months	<ul style="list-style-type: none"> <li>▪ Return to sports</li> </ul>

