



Renny Uppal, M.D.

## Achilles Tendon Non-operative Guidelines

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

