



Achilles Reconstruction with FHL Transfer
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	WEIGHT BEARING	ROM	EXERCISES
Phase 1a: 0-1 week post-op	NWB PO Splint; Crutches, walker, scooter	Ankle - none; AROM of Hip/knee	Quad sets, glute sets, 4-way SLR
Phase 1b: 1-4 weeks post-op	NWB Cast; Crutches, walker, scooter	Ankle - none; AROM of Hip/knee	Quad sets, glute sets, 4-way SLR
Phase 2: 4-8 weeks post-op	WBAT in boot with 20° wedge at 4 -6 weeks Reduce to 10° wedge at 6-8 weeks Use something for contralateral leg-leveling for gait. Remove boot for sleep, hygiene, and therapy	A/AA/PROM ankle DF to 0° AROM IV/EV Great Toe mobilization *Patient will lose active flexion of Hallux IP joint	Formal therapy to begin 4-6 weeks post-op Patient may initiate aquatic therapy in week 7 if incision is healed (or protect incision with Tegaderm) Edema control; Ankle AROM, ankle IV/EV isometrics, Submaximal PF isometrics, Seated heel raises, seated heel slides to neutral DF; Intrinsic strengthening, arch doming; Core strengthening; talocrural and foot joint mobilizations; gentle scar tissue mobilization, gentle calf STM, Leg press in boot, Theraband IV/EV (week 8) **No explicit stretching of achilles**
Phase 3: 8-16 weeks post op	WBAT in boot, no wedge at 8-10 weeks Transition to shoe when WBAT in boot without wedge is pain free. Can use 1 cm heel lift in shoe for comfort.	Gentle active and passive stretching past neutral DF	Continue Phase 2 exs. Theraband IV/EV, Stationary Bike, Balance and Proprioception drills, Resisted walking, step ups, step downs (<4 inch), BAPS, lateral drills, lunge progressions, leg press*, squat progressions*, standing calf raise progressions* *advance to single leg versions only when form is correct and pain-free
Phase 4: 16-24 weeks post-op	FWB in normal shoes	Full	Progress all WB exercises, Balance/Proprioception, Stair training, Elliptical, Functional activity training

Please send PT progress notes prior to each MD appt.

This protocol is not a substitute for clinical decision making of the health care professional; **Consider tissue quality and patient co-morbidities.**

Please see PT referral for any specific post op instructions.

Call 309-689-7007 for rehab questions; Call 309-691-1400 x2268 for nursing questions