



Indiana University Health

Trevor Call, DO
Indiana University Health Physicians
Sports Medicine and Arthroscopic Surgery
IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123
Phone: 317-944-9400
Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202
Phone: 317-880-3737

Achilles Tendon Repair

Updated 2/2025

General Post Op Instructions

Wound Care	✓ Splint should remain clean, dry, and intact for 2 weeks
Swelling	→ Swelling and bruising are to be expected after a surgical procedure
Ice and Elevate	✓ Ice 20 minutes on 20 minutes off, several times a day to help with swelling ✓ Elevate the limb above the heart when able
Showering	→ Do not soak incisions in water until after stitches are removed → You may begin to shower after surgery but splint must be kept clean and dry
Driving	✓ Dr. Call does not release people to drive at a specific date or week post op ✓ It is unlawful to drive under the influence of opioid (strong pain) medications ✓ Must be able to safely apply the brakes before returning to drive ✓ Driving in a brace/sling/boot is not recommended

Weight Bearing Restrictions and Brace Use

	Splint/Boot
Week 1-2	✓ Non-weight bearing in the splint
Weeks 3-4	✓ Partial weight bearing in boot with 2 wedges/lifts
Weeks 5	✓ Weight bearing as tolerated in boot with 1 wedge
Week 6	✓ Weight bearing as tolerated in boot with 0 wedge
Week 7+	✓ Wean out of boot



Indiana University Health

Trevor Call, DO
Indiana University Health Physicians
Sports Medicine and Arthroscopic Surgery
IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123
Phone: 317-944-9400
Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202
Phone: 317-880-3737

Immediate Post Operative Phase (up to week 4)

Overall Goals	✓ Promote swelling reduction ✓ Compliance with boot wear
Cautions	→ PT to start after splint is removed → Monitor for wound breakdown
Range of Motion	✓ Passive ROM with range of pain free motion ✓ At the end of week 3, start 4 way ankle ROM
Therapeutic Suggestions	→ Quad, gluteus, adductor sets → Towel crunches → LAQ, SAQ → Other modalities as indicated → Week 4: start weight shifts in boot
Progression Ready to Next Phase	✓ Pain free range of motion, restriction will still be present <i>If not all goals are met, patient may progress to the next phase with intervention plan in place to address deficiencies</i>

Intermediate Rehabilitation Phase (Weeks 5 – 8)

Overall Goals	✓ Improve ROM ✓ Improve gait mechanics with progression of weight bearing
Cautions	→ Avoid too rapid progression
Range of Motion	✓ Neutral foot to start ✓ Progress dorsiflexion gradually
Therapeutic Suggestions	→ Bike → 4 way ankle isometrics → BAPS board → Marbles → Seated toe and heel raises → Cones → Calf stretches with sheet → Therabands when the patient is ready → When weight bearing as tolerated begin mini squats → Encourage home exercises
Progression Ready to Next Phase	✓ Motion improving ✓ Tolerating strengthening



Indiana University Health

Trevor Call, DO
Indiana University Health Physicians
Sports Medicine and Arthroscopic Surgery
IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123
Phone: 317-944-9400
Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202
Phone: 317-880-3737

Advance Strengthening Phase (Weeks 9 – 12)

Overall Goals	✓ Progress strength
Cautions	→ Maintain compliance with home exercises
Range of Motion	✓ ROM as tolerated
Therapeutic Suggestions	→ Progress standing exercises → Increase use and resistance of therabands → Ensure appropriate gait mechanics → Begin seated leg press if patient has pain free dorsiflexion to 0 degrees → Start hamstring curls and leg extensions → Elliptical if pain allows → Pre-plyometrics
Progression Ready to Next Phase	✓ Participating well with therapeutic exercises

Late Rehabilitation and Strengthening Phase (Week 13 – 24)

Overall Goals	✓ Strengthen
Cautions	→ Avoid sports
Range of Motion	✓ No restrictions
Therapeutic Suggestions	→ Standing calf raises → Leg press calf raises with low weight → Proprioception activities → May add core and trunk strengthening
Progression Ready to Agility Training	✓ Pain free range of motion ✓ Strength improving 1. Add plyometrics 2. Fitter, slide board 3. Functional grids 4. Side shuffle 5. Grapevine
Return to Sports	✓ Return to jogging/running between 4-6 months post op ✓ Return to cutting sports at 6 months