

What to Expect Following your Achilles Surgery

We look forward to the opportunity to provide you exceptional interdisciplinary care following your Achilles surgery. Our team of physicians and physical therapists will work alongside you during your rehabilitation process over the next 9-12 months and will adapt the below timeline to best suit your individual needs.

Anticipated Timeline

- Phase 1 (Typically weeks 0-6)
 - Goals: manage pain/swelling, restore range of motion (no dorsiflexion past neutral), intrinsic foot strengthening
 - PT Expectations
 - Begin formal PT 1-2 weeks post-operative
 - Initiate Blood Flow Restriction Exercise as appropriate
 - Available at all Panorama PT locations
 - Non-weight bearing for 2 weeks, then weight bearing as tolerated until 6 weeks (progressing 25% each week) post-operative in CAM boot
 - 1" wedge in boot until 6 weeks
- Phase 2 (Typically weeks 6-12)
 - Goals: manage pain, progress range of motion (no dorsiflexion past neutral), begin light strengthening, transition to normal shoe with 1" wedge weeks 6-10, normalize gait
 - PT expectations
 - Initiate dynamic stepping patterns to normalize gait
 - Progress lower extremity strengthening and begin balance training both in a shoe and barefoot
 - Begin heel raise progression at 6 weeks
 - Brace use as directed by physician and PT
- Phase 3 (Typically weeks 12-16)
 - Goals: full weight bearing in normal shoe with no wedge, progress strengthening, normal gait pattern, barefoot walking as tolerated
 - PT Expectations
 - Continue progression of strengthening, begin single leg heel raise progression
 - Initiate light hopping/landing activities (No Jumping)
- Phase 4 (Typically weeks 16+)
 - Goals: continue strengthening, begin return to run and sport activities
 - PT Expectations
 - Run readiness testing and running progression
 - Initiate return to jumping and progress plyometric activities
 - Prep for return to practice testing around 16 weeks
 - Return to practice testing around 20-24 weeks

While we recommend you attend PT with Panorama Physical Therapy, if you are not seeing one of our clinicians, please do not hesitate to reach out to our team with questions, **PT-FootandAnkle@panoramaortho.com**, we are more than happy to assist you.