

ACHILLES TENDON CONSERVATIVE / POST OPERATIVE MANAGEMENT

THIS INFORMATION WILL GUIDE YOU THROUGH THE NEXT 8 WEEKS OF YOUR REHABILITATION.
USE THE INFORMATION BELOW TO GAIN A BETTER UNDERSTANDING OF YOUR INJURY AND
WHAT CAN BE DONE TO MAXIMIZE YOUR RECOVERY.

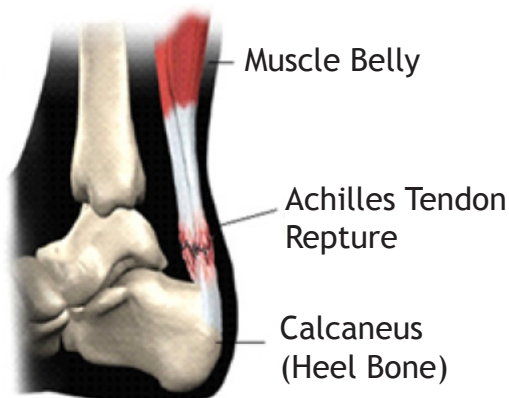
PAIN AND SWELLING:

Swelling is often worse at the end of the day. Elevating your foot will help. Take pain medication as prescribed. Pain and swelling may be ongoing for up to 12 months.

USING YOUR ANKLE:

You **must** use the boot and wedges and follow the program below. Keep the boot on at night and during the day. You can put weight through your foot, as pain allows.

AREA OF YOUR INJURY / SURGICAL AREA



PERSONAL HYGIENE:

You may remove the boot carefully for washing and changing your sock once a day. Whilst doing this you must, at all costs, **keep the toes pointed down**, as demonstrated in the picture.

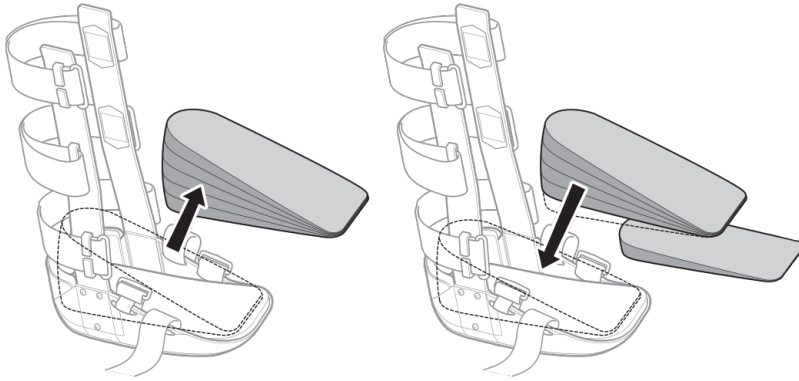


Avoid any temptation to stretch the calf as this could mean the tendon heals in an elongated position which will affect your overall rehabilitation.

IF YOU ARE WORRIED THAT YOU ARE UNABLE TO FOLLOW THIS PLAN, OR HAVE ANY QUESTIONS, THEN PLEASE PHONE OUR OFFICE FOR ADVICE.

IF YOU ARE EXPERIENCING PAIN OR SYMPTOMS, OTHER THAN AT THE SITE OF THE ORIGINAL INJURY/ SURGICAL OR SURROUNDING AREA, PLEASE GET IN TOUCH USING THE TELEPHONE OR E-MAIL DETAILS AT THE TOP OF THIS LETTER.

WHAT TO EXPECT: REHABILITATION PLAN



REMOVE 1 WEDGE FROM
BOTTOM OF WEDGE STACK,
EVERY 2 WEEKS.

WEEK 1

Must complete **2 weeks** with wearing the boot with **4 wedges** all the time, including at night.

Use your crutches and put some weight through your foot when you walk.

DON'T STRETCH YOUR CALF MUSCLE.

END OF WEEK 2

Remove **one wedge** from your boot - always remove from the bottom of the stack.

Continue to wear the boot with **3 wedges** all the time, including at night.

DON'T STRETCH YOUR CALF MUSCLE.

WEEK 4

Remove **one wedge** from your boot - always remove from the bottom of the stack.

Continue to use the boot with **2 wedges** all the time, including at night.

DON'T STRETCH YOUR CALF MUSCLE.

WEEK 6

Remove **one wedge** from your boot - always remove from the bottom of the stack.

Continue to use the boot with **1 wedges** all the time, including at night.

DON'T STRETCH YOUR CALF MUSCLE.

WEEK 8

Remove **one wedge** from your boot - always remove from the bottom of the stack.

Continue to use the boot with **0 wedges** all the time, including at night.

You can now begin to wean out of your boot, this may take a week or two.

Start by trying short distances around your own home wearing your own shoes.

You do not need to wear the boot at night while sleeping.

You will see a Foot and Ankle specialist about **8 weeks** after your injury.

Physical therapy will be ordered to start.

DON'T START EXERCISES UNTIL GUIDED BY YOUR PHYSICIAN.