



Achilles Tendon Tear (not rupture)/Haglund's Recovery

Note: Recoveries can differ from patient to patient based on multiple factors. The guidelines below are a general idea of what the average recovery will be.

- Weeks 1-2 – NWB in posterior splint – ice behind knee, elevate, minimal activities except eating, using restroom
- Week 2 sutures come out (usually) – transition to walking boot – HOWEVER remain NWB for 1 more week
- Weeks 3-6 – Very slowly transition to FWB in walking boot
- Weeks 6-10 – transition into sneaker – start physical therapy

NOTES:

We will check vitamin D levels at time of surgery and optimize – 50-65 ideal range.

Control edema with compression socks and elevation

Use cryo cuff when ready to help provide comprehensive cold therapy

Use Vitamin E oil, Mederma etc to work on incision healing