



Achilles Midsubstance SpeedBridge Repair

Patient:

Date of Surgery:

- | | |
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| 10-14 Days | Post-op splint
Non-weight bearing with crutches
Keep elevated as much as possible |
| 2 weeks | Sutures are removed
Placed into CAM boot with 3 heel lifts and begin WBAT
Can begin ACTIVE dorsiflexion (use own muscles to bring foot back)
NO PASSIVE dorsiflexion (pulling/pushing foot back) |
| 3 weeks | May begin progressive resistive plantarflexion exercises with bands |
| 4 weeks | May begin passive dorsiflexion to neutral (90 degrees - NOT past this!)
Can begin low-resistance cycling <ul style="list-style-type: none">• Seat height adjusted to avoid passive dorsiflexion beyond neutral• No recumbent bikes for this reason |
| 6 weeks | May remove boot for weight bearing PT, no dorsiflexion past neutral
Remove the bottom wedge (#1 - see below) from the CAM boot |
| 7 weeks | Remove the next wedge (#2) from the CAM boot |
| 8 weeks | Remove the final wedge (#3) from the CAM boot
Remain WBAT in the boot for 1 more week |
| 9 weeks | May transition out of the CAM boot and into sneakers with heel lifts |
| 10 weeks | May begin to gently stretch past neutral (90 deg) |
| 12 weeks | May begin eccentric strengthening, progressive impact, loading, and speed work
Progress to sports-specific activity as tolerated |



Wedges for CAM boot



Heel lifts for sneakers