

POSTOPERATIVE PROTOCOL

Peritenolysis of Achilles Tendon (sheath removal)

Total 2 weeks of immobilization in a boot

First postoperative follow up within 2-5 days

- Non-weight-bearing for 1.5 weeks in the CAM boot, then transition into weight-bearing until two weeks.

Suture removal at 2 weeks after surgery. Physical therapy to start at the same time.

Return to daily activity starts after physical therapy, takes about 2 to 12 postoperative weeks.

- Can use AlterG™ treadmill starting at 50% bodyweight (starting at 3 wks post-op) for bilateral to unilateral strengthening, progressing up to 85%
- Note: No stretching nor eccentric strengthening for 3-6 months (need concentric first!)

Return to running at 3 (on AlterG™) to 6 postoperative weeks.

Return to sports at 6 to 12 weeks.