



SIU MEDICINE

ORTHOPEDICS

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POST-OPERATIVE INSERTIONAL ACHILLES / HAGLUND / FHL REHAB GUIDELINES

Diagnosis/Surgery: _____

Frequency – twice per week for 8-12 wks

PHASE 1: WEEKS 1-3

Goals:

1. Protect repair
2. Decrease swelling

Activity:

1. Keep splint in place and keep clean/dry
2. Non weight bearing for 2 weeks (knee walker/crutches)
3. Ice therapy, elevation – avoid direct pressure behind the heel
4. Active ROM of hip, knee, toes

PHASE 2: WEEKS 3-6

Goals:

1. Protect repair – No calf stretching
2. Maintain hip and knee ankle ROM
3. Improve core, hip, knee strength
4. Gradually increase weight bearing with boot 25% per week

Activity:

1. Progressive weight bearing in walker boot with 3 wedges
Remove one wedge per week
2. Transition to regular shoe (start with gel heel lift) at 6 weeks as tolerated
3. Core and whole body exercises and strengthening
4. AROM ankle and gentle resistance band strengthening with dorsiflexion limited to first point of resistance (not beyond neutral)

PHASE 3: WEEKS 7-10

Goals:

1. Swelling control with elevation and modalities as required

Activity:

1. AROM at ankle – PF, inversion/eversion, DF to first point of resistance
2. No calf stretching
3. Manual mobilization of foot as required
4. Gentle mobilization subtalar joint

PHASE 4: WEEKS 10-12

Goals:

1. Increase DF and strength

Activity:

1. No calf stretching
2. Stationary bike – start to add tension
3. Sitting – active PF exercises, DF to tolerance

PHASE 5: WEEKS 13-16

Goals:

1. Good proprioception in single leg support
2. Normal gait

Activity:

1. Theraband – inversion/eversion, DF
2. ROM exercises
3. Gentle calf stretches
4. Manual mobilization as required
5. Calf press and leg press
6. Proprioceptive exercises
7. Progress to dynamic drills 16+ weeks

PHASE 6: 3-4 MONTHS

Goals:

1. Full lower extremity strength and maximum function

Activity:

1. Sport specific activity
2. Strength training

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Date