Percutaneous Tendo-Achilles Lengthening Protocol

Not usually done in isolation. Follow most restrictive precautions

2 Weeks
Begin WBAT in cast or CAM boot.
Gentle scar massage. Edema management. Gentle isometric inversion, eversion, dorsiflexion, NO plantar flexion.
Usually reach FWB by 4 weeks

AROM:  may be – MD discretion
stretch:  no
Resisted:  no

6 Weeks
Cast off at 6 weeks. Scar massage. Retrograde massage for edema prn.

AROM ankle:  Gentle, slowly increase power over 6 weeks. Light theraband OK at 6 weeks.
Stationary bike OK with pedal at midfoot until 8 weeks post op then ok to move to forefoot.
Stretch:  OK Start with towel stretch.

AROM:  yes
stretch:  gentle
Resisted:  gentle

12 Weeks
Progress to standing stretch.

Progressive resistance OK.
Eccentric strengthening of calf muscles.
Progress closed chain, single leg stance exercises.

AROM:  yes
stretch:  yes
Resisted:  yes

6 months
F/U visit with MD
Functional strength/ ROM eval