



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: maybe – 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