



## JONAS R. RUDZKI, MD

SPORTS MEDICINE ORTHOPAEDIC SURGEON,  
SPECIALIZING IN SHOULDER & KNEE SURGERY

[WWW.JRRUDZKIMD.COM](http://WWW.JRRUDZKIMD.COM)

### POST-OPERATIVE PHYSICAL THERAPY REFERRAL & INSTRUCTIONS:

#### K STREET/DOWNTOWN

Phone: 202-833-1147

Fax: 202-296-2515

2021 K St NW, Suite 516

Washington, DC 20006

#### CHEVY CHASE

Phone: 301-657-1996

Fax: 301-951-6160

5454 Wisconsin Ave

Suite 1000

Chevy Chase, MD 20815

#### SIBLEY

Phone: 202-787-5601

Fax: 202-787-5606

5215 Loughboro Rd NW

Suite 200

Washington, DC 20016

#### ACHILLES TENDON REPAIR

Date of Surgery: \_\_\_\_\_

Number of Visits: \_\_\_\_\_

Frequency: \_\_\_\_\_x/Week for \_\_\_\_\_ Weeks

1. NWB in plaster splint/cast in plantar flexion for 10-14 days.
2. At first post-operative visit:
  - Re-splint or Switch to cam walker boot (heel build-up for weeks 2-4).
  - TTWB with crutches until 6 weeks.
  - \* Walk with foot flat - no active plantar flexion.
  - \* Remove cam boot each day for active dorsi-flexion to neutral; passive plantar flexion.  
No passive heelcord stretching.
  - \* Can use exercise bike with cam boot on @ 6 weeks – low resistance.
  - \* Active inversion and eversion R.O.M.
3. At 6 weeks:
  - \* Begin active plantar flexion - begin with isometrics, progress to isotonic.
  - \* Dorsi-flexion isotonic.
  - \* Achilles tendon stretch with towel. R.O.M. exercises.
  - \* Begin FWB at 6 weeks.
  - \* Wear cam boot up to 8 weeks post-op. Can use high top shoe after cam boot.
4. At 12 weeks:
  - \* Continue plantar-flexion and dorsi-flexion isotonic.
  - \* Add isokinetics
  - \* Continue inversion / eversion isotonic.
  - \* Proprioception training.
  - \* Retro program, elliptical, stairmaster, versaclimber.

Please send progress notes.

Signature: \_\_\_\_\_

