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**Patient Name:**

**Date:**

**Date of Surgery:**

**Ankle Rehabilitation:  
Right Achilles Tendon Repair  
2x/ week x 12 weeks**

**10-14 days:**

- NWB in plaster splint/cast in plantar flexion

**First post-op visit:**

- Switch to cam walker boot (neutral-foot flat or heel build-up).
- PWB/WBAT with crutches PRN 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.
- Active inversion and eversion R.O.M.

**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.

**12 weeks:**

- Continue plantar flexion and dorsi flexion isotonic.
- Add isokinetics
- Continue inversion / eversion isotonic.
- Proprioception training.
- Retro program, stairmaster, versaclimber.
- Progress to treadmill walk → jog → run

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**

