

**Achilles Debridement/Haglund's Removal**  
**Post-operative Protocol**

**I. Phase I: Recovery (weeks 0-2)**

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- Goals:
  1. Rest
  2. Control and reduce inflammatory process
- Immobilization Device:

Splint
- Weight Bearing:

Non-weight bearing
- Exercises:

*ROM: No ROM*

**II. Phase II: Rehabilitation (weeks 3-6)**

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- Goals:
  1. Weight bearing as tolerated in boot
- Boot/Device: Boot with four peel-away heel lifts, then transition out of boot. Starting after 3 weeks, remove 2 heel lifts. At four weeks post-operatively, remove the remaining two heel lifts so you are neutral in the boot.
- Weight Bearing: Weight bearing as tolerated in boot with heel lift. Wean from crutches.
- Exercises:
  1. *ROM: Active dorsiflexion: 90 degrees with knee flexed at 90.*

*No active plantar flexion*

*No passive dorsiflexion*
  2. *Strengthening:*

**Weeks 3-6:**

Inversion/eversion ROM, gentle resistance

**Weeks 4-8:**

Hip/knee strengthening, gentle passive heel cord stretching.
  3. *Cardiovascular Activity:*

**Weeks 4-8:**

Stationary bike with boot on.

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**III. Phase III: Restoration (weeks 6-12)**

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- Goals:
  1. Transition out of boot
- Boot/Device: None
- Weight Bearing: Transition out of boot when gait is normalized.
- Exercises:
  1. *ROM: PROM and AAROM as tolerated to full ROM.*
  2. *Functional strengthening:*
    - Begin light resistive DF/PF with knee inflexion, inversion/eversion isometrics.
    - Continue Phase II.
    - Advance to eccentric strengthening at 10 weeks as tolerated.
  3. *Cardiovascular Activity:* Stationary bike

**IV. Phase IV: Return to Play (weeks >12)**

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- Goals:
  1. Full ROM
  2. Full weight-bearing
- Boot/Device: None
- Weight Bearing: Full with normalized gait pattern
- Exercises:
  - I. **Weeks >12:**
    1. *ROM: Full and pain free*
    2. *Strengthening:*
      - Progress phase II
      - Begin inversion/eversion isotonic, aggressive DF/PF, plantar eccentrics
    3. *May begin running at 16 weeks. Advance as tolerated.*