



Achilles Debridement/Haglund's Removal
Post-operative Protocol

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

- 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)

- 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)

- 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)

- 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.*