

# After repair of a torn Achilles tendon

After Achilles tendon surgery



Count the weeks from the day of your operation. The date is on your discharge card.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

## Weeks 0–2

Keep the foot raised above the level of the hip most of the day. The plaster or boot holds the toes pointing down to protect the repair: keep it on and dry. If we prescribed blood-thinning injections or tablets, take every dose.

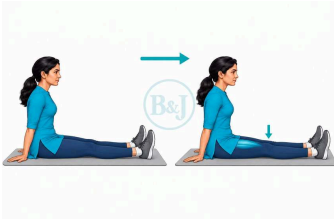
**Weight bearing** As written on your prescription, with crutches. Never stand on the foot without the plaster or boot.

### Toe wiggles

Curl the toes down, then spread them and pull them up, as far as the plaster allows.

10 times

Every hour while awake



### Quad sets

Sit with the leg straight. Press the back of the knee down and tighten the thigh.

Hold 5 seconds

10 times

3 times a day

✓ Should feel

The thigh muscle tightening

✗ Should not feel

Knee pain



### Scan for this sheet

Listen to it read aloud, in English, हिंदी or मराठी — or ask for  
**sheet 93**

**Nallasopara West** 87665 22099 · 12–2 pm, 7.30–9.30 pm

**Virar East** 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only



### Straight leg raise

Lie down, one knee bent. Keep the other knee straight and lift the leg 20 cm.

10 times

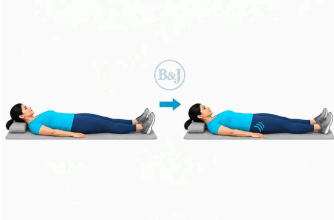
3 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

The knee bending or back pain



### Buttock squeeze

Lie on your back with the legs straight. Squeeze the buttocks together, hold, then relax.

Hold 5 seconds

10 times

3 times a day

✓ **Should feel**

The buttocks tightening

✗ **Should not feel**

Back pain

**Not yet** Pulling the foot up to stretch the calf, walking barefoot, getting the plaster wet, or driving.

**Move to the next stage only after we have seen you, and the X-ray if one was planned.**



### Scan for this sheet

Listen to it read aloud, in English, हिंदी or मराठी — or ask for

**sheet 93**

**Nallasopara West** 87665 22099 · 12–2 pm, 7.30–9.30 pm

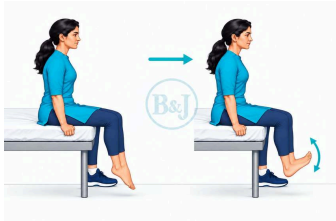
**Virar East** 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

## Weeks 2–8

Stitches out. In the boot with heel wedges; we take the wedges out one by one at your visits, so the foot comes slowly to level. Take the boot off only to wash and for the gentle ankle exercise we showed you, and pull the foot up only as far as level, never beyond.

**Weight bearing** As written on your prescription, usually building up to full weight in the boot.



### Ankle pumps

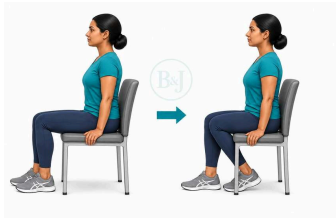
Pump the feet up and down to keep the blood moving.

20 times

Every hour while awake

✓ **Should feel**  
The calf working

✗ **Should not feel**  
Calf pain or swelling — tell us



### Sitting knee bend

Sit on a firm chair. Slide the foot back under the chair to bend the knee, hold, then bring it forward.

10 times

3 times a day

✓ **Should feel**  
A stretch as the knee bends

✗ **Should not feel**  
Sharp pain



### Standing hip abduction

Hold a chair. Lift the leg out to the side, keeping the body upright.

10 times

Daily each side

✓ **Should feel**  
The side of the hip working

✗ **Should not feel**  
Leaning over

**Not yet** Walking without the boot, stretching the calf, or standing on tiptoe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



### Scan for this sheet

Listen to it read aloud, in English, हिंदी or मराठी — or ask for  
**sheet 93**

**Nallasopara West** 87665 22099 · 12–2 pm, 7.30–9.30 pm

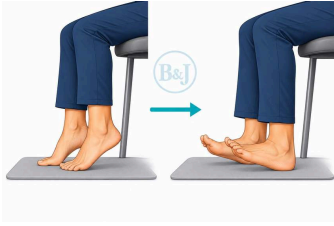
**Virar East** 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

## Weeks 8–12

Out of the boot into a shoe, with a small heel raise inside if we advise. Walk normally and start building calf strength gently. Carry on with the earlier exercises.

### Weight bearing Full, in a shoe.



#### Sitting heel and toe raises

Sit with both feet flat on the floor. Lift the heels, lower them, then lift the toes.

10 times

3 times a day

✓ **Should feel**

The calf and the front of the shin working

✗ **Should not feel**

Sharp pain



#### Calf raises

Rise onto both toes and lower under control.

15 times

Daily

✓ **Should feel**

The calf working

✗ **Should not feel**

Sharp pain



#### Single-leg balance

Stand on one leg beside a worktop. Balance prevents falls, and preventing falls prevents fractures.

30 seconds

3 times a day

✓ **Should feel**

Working to stay steady

✗ **Should not feel**

Losing balance — hold on

**Not yet** Running, jumping, hard calf stretching, or climbing stairs two at a time.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



#### Scan for this sheet

Listen to it read aloud, in English, हिंदी or मराठी — or ask for  
**sheet 93**

**Nallasopara West** 87665 22099 · 12–2 pm, 7.30–9.30 pm

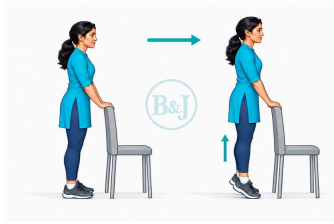
**Virar East** 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

## Month 3 onwards

Build calf strength step by step: heel raises on both feet, then on the operated foot alone. Jogging usually starts at 4–6 months if we agree, and sport at 6–9 months.

### Weight bearing Full.



#### Calf raises

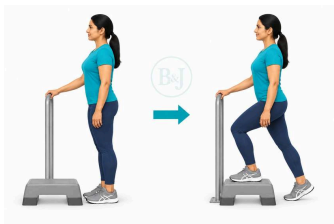
Rise onto both toes and lower under control.

15 times

Daily

✓ **Should feel**  
The calf working

✗ **Should not feel**  
Sharp pain



#### Step-up

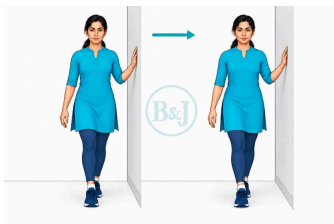
Hold a rail. Step up onto a low step with the operated leg, then step down with the other leg.

10 times

Daily

✓ **Should feel**  
The thigh working

✗ **Should not feel**  
The knee falling inwards



#### Heel-to-toe walking

Walk heel to toe along a line, beside a support.

10 steps

Daily

✓ **Should feel**  
Steadier walking

✗ **Should not feel**  
Wobbling — use the wall

**Not yet** Jumping or sudden-start sport, such as cricket, football or badminton, until we clear you.

### Stop and telephone us if

- A sudden snap at the back of the heel, or you can no longer push up on your toes: the tendon may have torn again — come the same day
- The wound edges open, turn dark, or leak; or you have a fever
- Sudden breathlessness or chest pain — go to the nearest hospital
- The calf becomes swollen, tight or painful
- The foot becomes numb, cold, pale or blue
- The plaster or boot feels too tight, or rubs in one spot



#### Scan for this sheet

Listen to it read aloud, in English, हिंदी or मराठी — or ask for  
**sheet 93**

**Nallasopara West** 87665 22099 · 12–2 pm, 7.30–9.30 pm

**Virar East** 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only