

# RON'S ACHILLES RECOVERY PROTOCOL TEMPLATE

THIS IS MY CURRENT 'LIVING' PROTOCOL - 90 DAYS IN | SURGERY DATE - 9/6/2013 (\$18K)

	GOALS\ MILESTONES \ EXAMPLE VIDS	EXERCISES (2x Day)	PT, ORTHO NOTES
<b>Weeks 0-2</b>	<p><b>Splint to VACOCast</b>, PF = 15, wedge sole</p> <p>Frequently Asked Questions:  <a href="http://achillesblog.com/frequently-asked-questions/">http://achillesblog.com/frequently-asked-questions/</a></p> <p>How to setup and use crutches:  <a href="http://www.youtube.com/watch?v=9XkvmpNJ-X8">http://www.youtube.com/watch?v=9XkvmpNJ-X8</a></p>	<p><i>Toe movement wk 1</i></p> <p><i>Join Achillesblog, start Timeline - start RICE</i></p> <p><i>Start hip and leg lifts</i></p>	<p>Ortho Checkup (9/18)</p>
<b>Week 4</b>	<ul style="list-style-type: none"> <li>- <b>Staples out</b>, Plantar from 15 to 10</li> <li>- <b>PWB</b> with 2 crutches</li> </ul> <p>ROM 1: <a href="http://www.youtube.com/watch?v=S_CO0pt5GIQ">http://www.youtube.com/watch?v=S_CO0pt5GIQ</a>            ROM 2: <a href="http://achillesblog.com/kkirk/files/2012/11/ankle-rom-exercises-1.pdf">http://achillesblog.com/kkirk/files/2012/11/ankle-rom-exercises-1.pdf</a>            CORE: <a href="http://www.youtube.com/watch?v=x9Uz9zmW3Nk">http://www.youtube.com/watch?v=x9Uz9zmW3Nk</a></p>	<p><i>Move toes and start foot ROM to move PF;</i></p> <p><i>Also, <u>hip and leg lifts</u></i></p>	<p>Ortho Checkup (9/24)</p>
<b>Weeks 5</b>	<ul style="list-style-type: none"> <li>- <b>PWB with 1 crutch</b></li> <li>- Plantar Flexion from 10 to 5</li> <li>- No boot at night or when sitting</li> <li>- Wedge to rocker with <b>VACOCast*</b></li> </ul> <p>ROM 3: <a href="http://www.youtube.com/watch?v=d46JHDwRrkG">http://www.youtube.com/watch?v=d46JHDwRrkG</a></p>	<p><u>Ankle and Toe 3/4 ROM</u></p> <p><i>- hinge flexion and extension, some light upper body workouts,</i></p> <p><i>* VACOCast...loosen up top strap and bend knees a bit. I skipped ROM for 2 shoes</i></p>	
<b>Weeks 6</b>	<ul style="list-style-type: none"> <li>- <b>FWB with VACOCast &amp; Evenups</b></li> <li>- Upper body workouts &amp; <b>cardio starts</b></li> <li>- Working out &amp; <b>Stationary bike @ wk 7</b></li> <li>- <b>PF to 0</b> and easy <b>Dorsiflexion</b></li> </ul> <p>ROM 4: <a href="http://www.youtube.com/watch?v=WVYwTQCmMiE">http://www.youtube.com/watch?v=WVYwTQCmMiE</a></p> <p>DORSI EXERCISES – May put off till week 9-10. See PT\Doc  <a href="http://www.youtube.com/watch?v=gRHg6v6-szc">http://www.youtube.com/watch?v=gRHg6v6-szc</a></p>	<p><i>ROM, Light Dorsiflexion, core work, light cardio, inversion\eversion, hips\legs lifts</i></p>	<p>6 week Ortho Checkup (10/18)</p> <p>I PT session (10/28) - change PT's.</p>
<b>Weeks 8</b>	<ul style="list-style-type: none"> <li>- <b>Full ROM</b> and start <b>GAIT</b> work</li> <li>- Start <b>Physical Therapy</b></li> <li>- <b>2 Shoes</b> with <b>1 crutch @ week 9</b></li> <li>- Barefoot @ home – no crutches</li> </ul> <p>Strengthening exercises  <a href="http://www.youtube.com/watch?v=y5-C4t1fRd4">http://www.youtube.com/watch?v=y5-C4t1fRd4</a></p>	<p><b>PT...</b> Good leg heel raises, hip\leg lifts, DF\PF push, standing on AT leg for balance, Bike\Swim, and sitting heel raises.</p>	<p>PT Appt 1 (11/1)</p> <p>PT Appt 2 (11/8)</p> <p>6 total PT Appt.\1x wk</p>
<b>Weeks 10</b>	<p><b>2 Shoes &amp; Driving</b> – No crutches</p> <p>GAIT VID: <a href="http://www.youtube.com/watch?v=so_zRMIYUCE">http://www.youtube.com/watch?v=so_zRMIYUCE</a></p>	<p><b>PT...</b> Good leg heel raises, hip\leg lifts, DF\PF push, standing on AT leg for bal. - <i>above.</i></p>	<p>10 wk Ortho Checkup (11/15)</p>

<p><b>Weeks 11-12</b></p>	<p><b>Work, work, work...</b>stretching, walking, strengthening, daily workouts, and more advanced PT\Protocol Progression.</p> <p><u>Other PyshioRehab Videos:</u>  <a href="http://www.youtube.com/user/MyPhysioRehab/videos">http://www.youtube.com/user/MyPhysioRehab/videos</a></p> <p><u>Exercises for Achilles Recovery\Prevention</u>  <a href="http://www.youtube.com/watch?v=TzCf12guOpU&amp;list=PL5N8uAb7nXr-CJ2blB0vOOLCaGV6Mj4TR">http://www.youtube.com/watch?v=TzCf12guOpU&amp;list=PL5N8uAb7nXr-CJ2blB0vOOLCaGV6Mj4TR</a></p> <p><u>Daily stretches for Achilles and feet:</u>  <a href="http://www.youtube.com/watch?v=qO9n3ml-OTw">http://www.youtube.com/watch?v=qO9n3ml-OTw</a></p>	<p><b>PT...</b>Good leg heel raises, hip\leg lifts, DF\PF push, standing on AT leg for balance, Bike\Swim, and sitting heel raises.</p> <p>Get PF = 30+ Get DF = 15+</p>	<p>Ortho Checkup (Dec.27)</p> <p>May add 2 more PT and stop at week 16..</p> <p>..I will then switch to a Sports PT.</p>
<p><b>Weeks 13 +</b></p>	<p><b>PT, Sports Training and more...</b></p> <p><b>AchillesBlog.com Achilles Exercises Link:</b>  <a href="http://www.ehow.com/videos-on_3753_achilles-tendon-physical-therapy-exercises.html">http://www.ehow.com/videos-on_3753_achilles-tendon-physical-therapy-exercises.html</a></p> <p><u>Pylometric Exercises:</u>  <a href="http://www.youtube.com/watch?v=amKCWpa_zY8">http://www.youtube.com/watch?v=amKCWpa_zY8</a></p> <p>Great stretch vids for sports and life  <a href="https://www.youtube.com/user/StretchingInstitute/videos">https://www.youtube.com/user/StretchingInstitute/videos</a></p> <p><u>Achilles and Shoes\Inserts:</u>  <a href="http://achillestendon.com/footwear/">http://achillestendon.com/footwear/</a></p>	<p>At this point, it's a grind - working out and sports therapy instead of normal PT.</p> <p><i>PT stuff and more, plus <u>Pylometric Exercises</u>...</i></p> <p>My goal at this point is to get back to teaching golf and tennis.</p>	<p>Ortho Checkup (Feb. or Mar...?)</p> <p><i>Sports PT starts</i></p> <p>Start teaching Golf at week 16-18 (1\14)</p> <p>Start teaching Tennis by May 2014 (9 mo.)</p>

**STATS:** Avg. age of ATR=37; Avg. time to PWB=4W 3D; Avg. to FWB=6W 5D; Avg. to 2 shoes = 10W

### EXAMPLE VIDEOS FROM YOUTUBE

The vids above are just EAMPLES. Post questions for the community, **do some research and consult your doctor and\or Physical Therapist (PT)** before trying any of the above video exercises. ☺

### NOTE ON MY PROTOCOL TIMETABLE:

My protocol is scaled back a bit at some points because of my DVT's and previous ankle problem. However, I could have easily taken 2 weeks off of my time frame, and moved to 2 shoes by week 8.

**A Moderately Aggressive Goal MIGHT be:** PWB=6 wks; FWB=8 wks; 2 Shoes\walking=10-12 wks (?)

**RELATED LINKS:** *(The links\posts are good reading material, but research, ask questions and read blogs)*

[CLICK HERE](#) to see pdf of my **first 4 weeks**, staples, boot comparisons, community tips, etc.

[CLICK HERE](#) to see a **link to different protocols**, tip and much more

[CLICK HERE](#) to see how to go from **PWB to FWB and FWB to 2 SHOES**

[CLICK HERE](#) to see **things you may need**

[CLICK HERE](#) to see HOW TO INSERT A PICTURE into your blog posts

[CLICK HERE](#) or [HERE](#) to see Surgery versus Non-Surgical Options, results and comparative analysis

[CLICK HERE](#) to see ATR treatment – Surgical vs Non-Surgical results