

ACHILLES CRUTCH/BOOT WEANING PROTOCOL

Week 1-2

Non-weightbearing in short leg splint for 14-18 days until first post-operative visit

Week 3-4

Please use the following schedule to progress your weight bearing post operatively. This will be done once you are placed in the boot with the 2 heel lifts in place after your 1st post-op appointment and suture removal. If you experience an increase in pain, return to the previous weight for 2 days then proceed again as scheduled.

Days 1 & 2 - (20 % body weight) pounds of pressure

Days 3 & 4 - (30 % body weight) pounds of pressure

Days 5 & 6 - (40 % body weight) pounds of pressure

Days 7 & 8 - (50 % body weight) pounds of pressure

Between 50% - 70% you may go to one crutch on the opposite side

Days 9 & 10 - (70 % body weight) pounds of pressure

Days 11 & 12 - (80 % body weight) pounds of pressure

Days 13 & 14 - (100 % body weight) pounds of pressure transition from crutch

*Calculate % body weight by multiplying body weight by either (.25, .5, .75). Using a bathroom scale is the easiest way to estimate the weight placed through the foot.

Week 5

After reaching full weight in the boot with the 2 heel lifts, you will remain in the protective boot with both heel lifts for a full week.

Week 6

Remove 1 of the heel lifts, remaining in the boot for a full week with 1 heel lift.

Week 7-8

Begin the 2-week boot wean progression outlined below. You should keep 1 heel lift in your boot. During the times you are out of the boot, you should wear a supportive protective shoe (athletic or hiking boots) with 1 heel lift in the shoe. If you have increasing pain over a 2-day period, slow your progression and wait a few days to advance to next stage. Boot wean should only happen after you are full weight bearing, not at the same time.

Days 1-3 – out of boot for 1 hour in the morning and 1 hour in the afternoon

Days 4-7 – out of boot for 2 hours in the morning and 2 hours in the afternoon

Days 8-11 – out of boot for 3 hours in the morning and 3 hours in the afternoon

Days 12-15 – out of boot for 4 hours in the morning and 4 hours in the afternoon

Day 16 – out of boot completely

Progress to next stage only if there is no significant increase in pain.

Please see <https://sportsfootankle.com/weight-bearing-progression/> for videos and more detail instructions