



John I. Khoury, MD
Orthopaedic Surgeon/Foot & Ankle Specialist
370 N. 120th Avenue
Holland MI 49424
P 616.396.5855 F 877.592.0688

Achilles or 5 Week NWB Post Operative Protocol

You will be NON weight-bearing for 5 weeks following surgery.

Post Op Appointments to be at: 2 weeks, 5 weeks, 8 weeks, 13 weeks, 6 months

2 Week Appointment:

- We will remove the surgery dressing and you are placed into a short leg cast
- Continue strict non weight-bearing with crutches, knee walker, or wheel chair

5 Week Appointment:

- Remove the short leg cast and transition to a CAM boot; no x-rays
- You may start walking in the boot, putting your weight through the heel and avoid putting pressure through the toes.
- The boot may be removed for bathing, sleeping, and gentle range of motion of the ankle
- If you were placed on Aspirin, you may discontinue it when you start walking.

8 Week Appointment:

- Clinic follow up. We will assess your healing progress and plan to wean out of the boot into normal shoes. If needed, we will give you a prescription to begin physical therapy.

13 Week Appointment:

- You may return to low impact activities like walking, biking, swimming, but will continue to avoid high stress activities like running and jumping. Discuss return to athletics and high stress activities with your surgeon.

If you have any increased pain, swelling, redness, drainage, fever, calf pain, or any other questions or concerns, please do not hesitate to call our office at 616.396.5855.