



## CGMA

### Center for Gait and Movement Analysis

#### PT08: Tendo-achilles lengthening (TAL) percutaneous

Indications: Achilles tendon contracture

Procedure: Three percutaneous incisions – 50% of the achilles tendon at musculotendinous junction, at the calcaneus insertion and at a mid way point between these two sites

Casting: short leg cast for 3 weeks, weight bearing as tolerated

Healing Time: Approximately 6 weeks

Precautions:

- Avoid activities that place the patient at risk of forceful dorsiflexion

Contraindications:

- Avoid forceful, resisted muscular contraction, avoid impact activities until 6-8 weeks post-op

Phase 1: Post-op day 1-7

Goals: -protect the surgical site including the incision and underlying surgical tissues

- home exercise instruction including positioning, stretching, ADL function

- isometric contraction of the gluts, quads, hamstrings

- independent SLR all planes with cast donned

Criteria to Progress:

- safe mobility for ADL completion

- able to demonstrate understanding of home exercises and precautions

Phase 2: Post-op day 8-21

Goals: -begin weight bearing activities with cast

- begin active assist/ active ankle dorsiflexion once the cast is removed, may use electrical stim to enhance neuro re-education and strengthening of the ankle dorsiflexors

Criteria to Progress:

- uneventful healing of surgical tissues

Phase 3: Post-op 22 to completion of PT care

Goals: -full ankle ROM, all planes

- able to heel walk, active dorsiflexion in standing

- emphasize gastroc-soleus stretching to avoid tissue shortening

- neutral foot alignment during stance phases and sufficient DF in swing phases of gait

- gait training to achieve heel first initial contact position when walking

- improve strength of the lower leg with emphasis on ankle dorsiflexion, gastroc-soleus, may use theraband for ankle strengthening at ~6 weeks post-op

- closed chain proprioception exercises, balance activities

- Transverse friction massage to surgical scar to improve mobility once the incision is closed (Approx. 4-6 weeks)

- independent management with home exercises

**When multiple procedures are performed at the same surgical event, the post-op physical therapy care needs to default to the most conservative time frames and guidelines.**