


ACHILLES TENDON REPAIR

Understanding the Procedure & Recovery

Premier Orthopaedic Associates | poasnj.com

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What is the Achilles Tendon?

The Achilles tendon is the largest tendon in your body. It connects the calf muscles to your heel bone and allows you to walk, run, jump, and push off your foot. A rupture is a complete tear of this tendon, often caused by sports, a misstep, or sudden force.

What is Achilles Tendon Repair?

This surgical procedure reconnects the torn ends of the tendon to help restore strength and mobility. There are two common methods:

- **Open surgery:** A larger incision for full access
- **Minimally invasive surgery:** Small incisions using special instruments

Your surgeon at Premier Orthopaedic Associates will recommend the best option for you.

Who Benefits from Surgery?

You may be a candidate if:

- You have a **complete rupture**
- You are **active**, athletic, or have job-related physical demands
- You want to **reduce re-rupture risk**
- Non-surgical options don't meet your goals

Benefits of Surgery

- Stronger healing
- Better long-term function
- Lower risk of re-injury
- Quicker return to activity in many cases

Risks to Consider

- Infection
- Nerve injury
- Blood clots
- Re-rupture
- Delayed wound healing

Your surgical team will discuss how we minimize these risks.

Recovery Timeline (Typical)

- **Weeks 0–2:** Immobilization in a boot or splint, no weight bearing
- **Weeks 2–6:** Begin light movement, transition to partial weight bearing
- **Weeks 6–12:** Physical therapy begins
- **3–6 Months:** Gradual return to full activity

Talk with Your Surgeon About:

- Which surgical method is best for you
- What recovery will look like in your case
- Preparing for surgery at home and work