



Haglund's Deformity Excision & Achilles Debridement Rehab Protocol

Phase	Weightbearing	Brace	Goals	Therapeutic Interventions
Phase 1 0-2 weeks	NWB 0-2 weeks (crutches, walker or knee-walker)	Splint	Control swelling and pain. Gradual increase of ADL's.	Ankle AROM as tolerated in seated only. Hip and Knee ROM in supine and standing. Quad sets, heel slides, standing hamstring curl, supine hip ABD, standing hip EXT/ABD, seated hamstring stretch, NO calf stretching/dorsiflexion past neutral
Phase 2 2-6 weeks	Progressive weight bearing in boot with removable heel wedges	At 2 weeks begin tall walking boot; Remove 1 heel wedge each week until flat foot in boot	Improve core, hip, and knee strength.	Light massage and elevation of foot to minimize edema. Ankle AROM/PROM, gentle resistance band strengthening with dorsiflexion limited to first point or resistance, NO calf stretching/dorsiflexion past neutral
Phase 3 6-8 weeks	WBAT	CAM Boot	Control swelling with elevation, massage, and modalities.	Control swelling with elevation, massage, and modalities. AROM at ankle: PF (plantar flexion), inversion/eversion, DF PROM. Grade 1-2 mobilizations of subtalar joint. Mobilizations to foot as needed, monitor patient for knee hyperextension, NO calf stretching/dorsiflexion past neutral
Phase 4 8-13 weeks	WBAT	Begin weaning boot and into supportive shoe	Increase DF and strength.	Stationary bike- start to add tension, Sitting: active PF exercises, DF to tolerance, NO calf stretching (*unless specified by surgeon)
Phase 5 13-16 weeks	FWB	None	Full weightbearing, pain and swelling is resolved. Good SL proprioception.	Theraband: Inversion, Eversion, and DF. Gentle calf stretching, calf raise, leg press, Mobilizations as needed, SLS, Balance activities, eccentric drops, and gait retraining; *begin calf stretching/dorsiflexion past neutral after 12 weeks
Phase 6 16+ weeks	FWB	None	Full lower extremity strength and maximum function.	Advanced dynamic drills, hopping, skipping, progress to sport specific drills. Progress to SL strengthening, work/sport specific activity, and running;

