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### Haglund's Heel Spur & Insertional Achilles Tendinitis Protocol

<b>Timeline</b>	<b>Goals/Milestones</b>	<b>Activity/Weight Bearing</b>	<b>Bracing</b>
Week 1	-Swelling and pain management	-Non-weight bearing with crutches/walker/knee scooter	-Splint
Week 2-3	-Swelling and pain management -Sutures/staples removed at 2 <sup>nd</sup> post-operative appointment	-Non-weight bearing with crutches/walker/knee scooter	-Hard cast
Week 4-7	-Start gentle ankle range of motion exercises -Start PT -Start knee high compression socks	-Week 4: weight bearing as tolerated with 2 heel lifts -Week 5: weight bearing as tolerated with 1 heel lift -Week 6/7: weight bearing as tolerated with boot only	-CAM boot
Week 8-12	-Start PT -Start resistance ankle range of motion exercises -Continue knee high compression socks	-Weight bearing as tolerated in regular shoe and 1 heel lift	-Regular shoe -Achilles tendon sleeve
Week 12-24	-Continue PT -Continue knee high compression socks	-Full weight bearing as tolerated in regular shoe -Start Alfredson Stretching protocol	-Regular shoe -Achilles tendon sleeve
Week 25-52	-Increase to full activities of daily living -Slowly transition into hiking, leisurely walking, or other preferred activities -Compression socks as needed	-Full weight bearing without any restrictions -Continue Alfredson Stretching protocol	-Regular shoe -Achilles tendon sleeve as needed