1130 W 124th Ave #900
Westminster, CO 80234
303-953-2545 phone
303-296-3228 fax
info@orthopets.com
www.OrthoPets.com
Mon – Thurs 9am – 5pm

ORTHOPETS®

Achilles Protocol

This device should be worn 24/7 for the best outcome. Please contact an OrthoPets Specialist for more information on the wear schedule.

- The following is a general guideline, protocols will vary from patient to patient and depend on whether the patient has had a surgical repair.
- It is recommended that a patient be seen by a veterinarian for regular rechecks every 2-4 weeks as needed. Do not adjust any of the device components without your veterinarian's supervision or it may disrupt the patient's healing progress.
- Once the patient is ready for the Sports Brace conversion, please contact your Specialist for next steps.
- The device should <u>not</u> be sent in at any point before an OrthoPets Specialist has been contacted to discuss recommendations.
- If you have questions regarding the protocol, please contact OrthoPets for clarification.

<u>Visit #1:</u> initial fitting (2 weeks post-op if surgical repair is performed, or longer depending on the case). Device donning video at https://vimeo.com/140744069.

<u>Visit #2:</u> 2 weeks after initial fitting. Fit check and evaluation of paw for possible heel wedge decrease (if applicable) and paw articulation.
Evaluation of paw https://vimeo.com/140738980.
How to remove wedges https://vimeo.com/140742210
How to articulate paw https://vimeo.com/140741116.

<u>Visit #3:</u> 4-6 weeks after initial fitting. Fit check and evaluation of paw for possible or further heel wedge decrease (if applicable) and paw articulation.

<u>Visit #4:</u> 8 weeks after initial fitting. Recheck tendon for healing (usually done by ultrasound). If possible, first adjustment to the tarsus motion-limiter is performed and further articulation allowed at the paw.
Motion-limiter Bar will allow 30 degrees of flexion in 10-degree increments.
How to adjust tarsal motion-limiter barhttps://vimeo.com/140747424.

<u>Visit #5:</u> 10 weeks after initial fitting. Recheck for possible increase in tarsal range of motion and possible removal of paw segment. Please contact your Specialist for how to remove the paw segment.

<u>Visit #6:</u> 12 weeks after initial fitting. Recheck for tendon healing (usually done by ultrasound). If possible, adjust tarsus motion-limiter for additional range of motion.

<u>Visit #7</u>: 14 weeks after initial fitting. Recheck to determine if device can be sent in for a sports brace modification. Please contact your Specialist for Sport Brace requirements

ORTHOPETS®

1130 W 124th Ave #900
Westminster, CO 80234
303-953-2545 phone
303-296-3228 fax
info@orthopets.com
www.OrthoPets.com
Mon – Thurs 9am – 5pm

Exercise:
- No off-leash activity, running or rough play.
- Stair use to be limited and slow.
- Frequent and short daily walks are encouraged and recommended.

Goals of Device:
1. Paw and digits:
   a. Daily at home rehabilitation to include gentle toe extension exercises of each toe joint of the affected paw (5-10 reps per toe, 2-3 times a day). See Toe Extension document for more information.
   b. Increased motion at the paw by adjusting the motion-limiter strap to allow gradual elongation of the flexor tendon. To gradually increase toe range of motion.
   c. Decrease the amount of external heel wedge (if applicable) and return motion to paw.
   d. Achieve range of motion of the paw and eventual removal of the paw segment if possible.
2. Achilles Tendon:
   a. Allow tendon healing by initially immobilizing tarsus joint completely. If post-operative, typically 8-12 weeks. Non-surgical will vary.
   b. If the tendon heals appropriately, gradual reloading of the tendon will occur over weeks to months.
   c. The goal will be to provide functional range of motion of the tarsus with a motion limiting bar to decrease the risk of re-injury.
3. Long-term:
   a. Final configuration of the device to a 'sports brace' with full range of motion using flexion stops at the tarsus and permanent removal of the paw segment.