

The 3-Month Recovery Calendar

Day 1 to Month 3 — one gentle, honest step at a time

A surgical Achilles repair is a marathon, not a sprint. This calendar gives you a gentle daily rhythm — things to do, things to track, and small wins to celebrate — so the weeks feel less lonely and more like forward motion. Print it, stick it on the fridge, and check off each day.

READ THIS FIRST — your surgeon's protocol always wins

Every Achilles repair and rehab plan is different. The activities here are GENERAL, encouraging examples — not medical advice or a prescribed protocol. Timelines for weight-bearing, range of motion, boot-to-shoe transition, and strengthening vary a lot between surgeons. Do nothing on this page until your surgeon or physical therapist has cleared it for you. When in doubt, ask your care team. Stop any activity that causes sharp pain.

Your daily anchors

Small habits to repeat every day, in every phase (as your team allows):

● Elevate

Toes above your nose, several times a day.

● Fuel repair

Protein at each meal, plenty of water.

● Move (if cleared)

Gentle wiggles / prescribed range of motion only.

● Protect & ice

Follow your team's swelling + wound care plan.

● Breathe & reset

5 slow breaths; tend your mindset, not just your leg.

● Track it

Log pain & swelling 0–10 so you can see the trend.

The 12-week journey at a glance

Three broad phases. Yours may move faster or slower — that is completely okay.

PHASE 1

Weeks 1–2 · Protect

Rest, elevate, manage swelling, protect the repair.

- Your job is to heal — rest is productive
- Elevation + swelling control
- Wound care per instructions
- Gentle toe wiggles only if cleared
- Set up a comfortable recovery nest

PHASE 2

Weeks 3–6 · Early Motion

Begin gentle, protected range of motion and weight-bearing as allowed.

- Pain-free range of motion (if cleared)
- Protected weight-bearing in the boot
- Boot on/off routine; heel-wedge changes per plan
- Keep elevating after activity
- Build a consistent daily rhythm

PHASE 3

Weeks 7–12 · Progressive Loading

Transition toward normal walking and gradually rebuild calf strength.

- Boot-to-shoe transition (only when cleared)
- Gentle calf stretch & strengthening
- Balance and gait practice
- Heel raises — add reps, not pain
- Set month-3+ goals with your PT

Weeks 1–3

Tick each day. Shaded cells are weekdays. Move only as your care team allows.

Protect

Early Motion

Loading

WEEK 1 Protect & Elevate

PHASE 1 · PROTECT

Your only job is to heal. Rest is productive.

MON D1	TUE D2	WED D3	THU D4	FRI D5	SAT D6	SUN D7
Day 1 — surgery day. Rest. Toes above your nose.	Elevate 20 min x3. Notice one small win.	Gentle toe wiggles (only if cleared).	Tidy your recovery nest — snacks in reach.	Ice / protect per your team. Breathe.	Seated upper-body stretch for energy.	Week 1 done. Write one thing you're grateful for.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK 2 Calm the Swelling

PHASE 1 · PROTECT

Swelling is normal. Elevation is your superpower.

MON D8	TUE D9	WED D10	THU D11	FRI D12	SAT D13	SUN D14
Elevation marathon today. Hydrate well.	Toe wiggles + 5 deep breaths.	Check wound per instructions; keep it dry.	Seated arm / core movement.	Confirm your follow-up appointment date.	Plan a small cozy reward for yourself.	2 weeks! Snap a progress photo.
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WEEK 3 Gentle Wake-Up

PHASE 2 · EARLY MOTION

Move only within your protocol. Slow is smooth.

MON D15	TUE D16	WED D17	THU D18	FRI D19	SAT D20	SUN D21
Ankle range of motion if cleared — pain-free only.	Seated ankle circles (gentle, if cleared).	Practice your boot on/off routine.	5-min calm breathing reset.	Gentle toe points within your range.	Hydrate + protein focus today.	3 weeks down. Name a milestone ahead.
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Weeks 4–6

Tick each day. Shaded cells are weekdays. Move only as your care team allows.

Protect

Early Motion

Loading

WEEK 4 Find Your Rhythm

Consistency beats intensity. Show up softly.

PHASE 2 · EARLY MOTION

MON	D22	TUE	D23	WED	D24	THU	D25	FRI	D26	SAT	D27	SUN	D28
Gentle ROM, two short sessions.		Seated towel slide (if cleared).		Upper-body mobility flow.		Elevate + ice after activity.		Note your pain trend this week.		Reach out to someone in your corner.		4 weeks — a whole month in!	
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WEEK 5 Trust the Boot

Protected steps are still steps forward.

PHASE 2 · EARLY MOTION

MON	D29	TUE	D30	WED	D31	THU	D32	FRI	D33	SAT	D34	SUN	D35
Weight-bearing as your team allows.		Practice balance: seated to standing.		Gentle ankle alphabet (if cleared).		Stretch hips & hamstrings, seated.		Hydrate; add a colorful veggie.		Celebrate one boring, consistent day.		5 weeks. Notice what's easier now.	
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WEEK 6 Small Range, Big Wins

Your tendon is rebuilding. Respect it.


PHASE 2 · EARLY MOTION


MON	D36	TUE	D37	WED	D38	THU	D39	FRI	D40	SAT	D41	SUN	D42
Gentle ROM + calf awareness (no force).		Seated heel raises if cleared.		Confirm 6-week check / next protocol.		Mobility flow + breathing.		Reflect: what surprised you this week?		Rest & restore intentionally.		6 weeks — halfway to month 3!	
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Weeks 7–9

Tick each day. Shaded cells are weekdays. Move only as your care team allows.

 Protect

 Early Motion

 Loading

WEEK 7 Transition Time

Boot to shoe only when your team says so.

PHASE 3 · PROGRESSIVE LOADING

MON	D43	TUE	D44	WED	D45	THU	D46	FRI	D47	SAT	D48	SUN	D49
Begin weaning per your surgeon's plan.		Gentle calf stretch (pain-free).		Short, even steps — quality over speed.		Balance practice, holding support.		Ice after longer days.		Journal a fear you're outgrowing.		7 weeks. Steady wins.	
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WEEK 8 Wake the Calf

Gentle load builds real strength.

PHASE 3 · PROGRESSIVE LOADING

MON	D50	TUE	D51	WED	D52	THU	D53	FRI	D54	SAT	D55	SUN	D56
Seated to standing heel raises (if cleared).		Light theraband ankle work.		Stationary bike, easy (if cleared).		Stretch & mobility, unhurried.		Protein + sleep = repair fuel.		Share a tip with someone newer.		8 weeks strong.	
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WEEK 9 Balance & Confidence


Confidence returns one rep at a time.


PHASE 3 · PROGRESSIVE LOADING


MON	D57	TUE	D58	WED	D59	THU	D60	FRI	D61	SAT	D62	SUN	D63
Single-leg balance, holding support.		Double-leg heel raises, controlled.		Calf stretch, gentle progression.		Walk practice: smooth, even gait.		Notice how far Day 1 feels now.		Active recovery + good food.		9 weeks. Trust building.	
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Weeks 10–12

Tick each day. Shaded cells are weekdays. Move only as your care team allows.

 Protect

 Early Motion

 Loading

WEEK 10 Build the Base

Strength is patient work. Keep stacking days.

PHASE 3 · PROGRESSIVE LOADING

MON	D64	TUE	D65	WED	D66	THU	D67	FRI	D68	SAT	D69	SUN	D70
Heel raises: add reps, not pain.		Balance with small reaches.		Bike or pool walk (if cleared).		Full mobility flow.		Reflect on your gait improvements.		Rest & celebrate consistency.		10 weeks in.	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

WEEK 11 Stronger Steps

You're doing the unseen work. It counts.

PHASE 3 · PROGRESSIVE LOADING

MON	D71	TUE	D72	WED	D73	THU	D74	FRI	D75	SAT	D76	SUN	D77
Progressive heel raises, controlled.		Balance challenge on a safe surface.		Gentle calf + ankle strengthening.		Longer easy walk if comfortable.		Hydrate, protein, sleep check.		Encourage someone in your group.		11 weeks. Almost month 3.	
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WEEK 12 Look How Far

Day 1 you could only rest. Look at you now.

PHASE 3 · PROGRESSIVE LOADING

MON	D78	TUE	D79	WED	D80	THU	D81	FRI	D82	SAT	D83	SUN	D84
Strength routine per your PT.		Balance + control practice.		Smooth, confident walking.		Plan your month-3+ goals with PT.		Write your comeback story so far.		Celebrate every single step.		3 MONTHS! Capture this milestone.	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

Milestones worth celebrating

Recovery isn't linear. Honor every one of these when it comes.

Tick them off as you earn them

- | | |
|--|--|
| <input type="checkbox"/> First day the swelling noticeably drops | <input type="checkbox"/> First day out of the boot and into a shoe |
| <input type="checkbox"/> First good night's sleep | <input type="checkbox"/> First unassisted, even-gait walk |
| <input type="checkbox"/> First time you wiggle your toes freely | <input type="checkbox"/> First double-leg heel raise |
| <input type="checkbox"/> First steps of protected weight-bearing | <input type="checkbox"/> First single-leg heel raise |
| <input type="checkbox"/> Last heel wedge removed (per your team) | <input type="checkbox"/> 3 months: you made it to a new chapter |

This week's win journal & appointments

One win I'm proud of

Upcoming appointments & questions for my team

“You are not behind. You are healing on your own timeline.”

Find us & share your progress with the Mend community.