Peroneal and tibialis posterior tendon repairs, accessory navicular excision, rehabilitation protocol

This protocol provided to the general guidelines for initial stage and progression of rehabilitation according to specific timeframes, related to tissue tolerance and directional preference of movement. Specific changes in the program will be made by the physician as appropriate for the individual patient.

Remember: It can take up to a year to make a full recovery, and it is not unusual to have intermittent pains and aches during that time!

Special considerations:

Timeframes for each phase will depend on:

-Specific surgical procedures performed

-Unforeseen postoperative complications (infection, complex regional pain syndrome)

-Surgeon preference

Phase 1: Weeks 1-2

Goals: Rest, control swelling and pain, activities of daily living

Guidelines:

Nonweightbearing in a splint or boot

Sutures removed at 10-21 days

Encourage activities of daily living

Rest and elevation to control swelling and pain

Hip and knee active range of motion

Phase 2: Weeks 2-6

Goals: wean to Full weightbearing in cast or boot with no swelling (25% body weight each week)

Guidelines:

Shower without boot

Sleep in boot

Elevation to control swelling as starting weightbearing

Massage for swelling

Gentle active range of motion of the ankle and foot: Plantar flexion and dorsiflexion, toe flexion and extension twice a day for 30 repetitions. **NO inversion/eversion**

Progressed to stationary bicycle in the boot

Core exercises

Phase 3: weeks 7-10

Goals: Full weightbearing without boot (wean to this 1-2 hours each day), with no swelling. Full plantarflexion and dorsiflexion

Guidelines:

Wean from walker boot around week 8

Use an ankle brace during the daytime

Control swelling with elevation and modalities as required

Stationary bicycle

Active range of motion of the ankle **and foot in all directions**: Gentle inversion and eversion

Continue core exercises

Gait retraining

Phase 4: weeks 11 and 16

Goals: Full active range of motion, normal gait pattern

Guidelines:

Start proprioception and balance

Strengthening, start toe raises, lunges and squats hopping at 14 weeks, running at 14+ weeks