

Surgery Date: _____

WEEKS	GUIDELINES / PHYSICAL THERAPY PARAMETERS	GOALS / PRECAUTIONS
0-2	<ul style="list-style-type: none"> • Cast/splint NWB (non-weight bearing) • Education on proper crutch/knee scooter use • AROM of hip and knee • Rest and elevation of limb above heart • Sutures removed ~ 2-week post op visit 	<ul style="list-style-type: none"> • Safe crutch / scooter use • Control swelling and pain • Avoid falling
2-4	<ul style="list-style-type: none"> • Keep boot on at ALL times except for exercises (see below) 2-3x/day, boot / splint on at night • Refer to Weeks 2-4 Exercises Sheet (attached) • With <u>Open Repair</u> - start PT. plantarflexion (PF) strengthening with bands (FOOT STAYS in PF), load on reverse slant board and calf strengthening • With <u>Minimally Invasive Repair</u> - plantarflexion (PF) strengthening with bands (FOOT STAYS in PF). no loading on reverse slant board until week 4. 	<ul style="list-style-type: none"> • Increase ROM • Maintain hip and knee ROM • Safe use of crutches / scooter • Start PT (physical therapy) • *NO DORSIFLEXION STRETCHES
4-6	<ul style="list-style-type: none"> • Partial weight bearing (PWB) in boot at 30 deg PF, with crutches • <u>Minimally Invasive Repair</u> -start PT. plantarflexion (PF) strengthening with bands (FOOT STAYS in PF), load on reverse slant board and calf strengthening • AROM at ankle • Core/Hip strengthening • Elevate to control swelling 	<ul style="list-style-type: none"> • Maintain ankle ROM • Hip/Knee ROM/strength • Improve core strength • Safe use of crutches • Increase mobility of scar • PWB in boot • NO DORSIFLEXION STRETCHES
6-8	<ul style="list-style-type: none"> • Week 6 - PWB w/ crutches. 20 deg PF in boot, bike in PF in boot • Week 7 - PWB w/ crutches. 10 deg PF in boot • Week 8 - Neutral in boot, full Weight Bearing in boot, Gait training in a shoe w/ lift at home • Joint mobilization /reduce edema • Low level balance and proprioceptive exercises • Progressive strengthening of calf, hip, knee and ankle 	<ul style="list-style-type: none"> • Wean from boot to shoe • Progress calf strengthening on reverse slant board • Safe gait with/without walking aid • NO DORSIFLEXION STRETCHES

8-12	<ul style="list-style-type: none"> • Weeks 10-12 - wean boot to shoe with lift • Full weight bearing in shoe by week 12 • Progress calf strengthening, unilateral/bilateral seated heel raises with weights • Scar massage, joint mobilizations, reduce edema • Swimming, stationary bicycle 	<ul style="list-style-type: none"> • Ambulation with no walking aid • Good balance in unilateral stance • <u>NO DORSIFLEXION STRETCHES</u>
12+	<ul style="list-style-type: none"> • Bilateral heel raises progressing to unilateral heel raises by 16 weeks. balance/proprioception. • Progress to dynamic drills: hopping, skipping, jumping • Progress to sport or work specific activity • Swimming, stationary bicycle, running 	<ul style="list-style-type: none"> • Full strength • Gentle WB DF stretch (lunge)

Guidelines

- **The key to a successful repair is to AVOID stretching out the repair in the first 12 weeks.**
- **It is extremely important to avoid falling in the post operative period, as this increases the risk of compromising the repair. This is especially vital when the boot is not being worn.**
- Your surgeon may alter these guidelines postoperatively.
- It is normal for the operative limb to be swollen up to 6-12 months post-op.
- The patient may drive if the surgery is on the LEFT foot as pain and swelling allows, if balance can be maintained, and patient can adhere to post op protocol.
- If the surgery is on the RIGHT foot, it will be almost 3 months before resuming driving. You CANNOT drive while your foot is in the boot.
- It is important to bring this protocol to your physical therapy appointments, so your therapist is aware of the precautions.
- In shower, use cast cover to keep the splint/cast dry after surgery. Please consult with surgeon when it is okay to get the incision wet (usually after sutures removed).

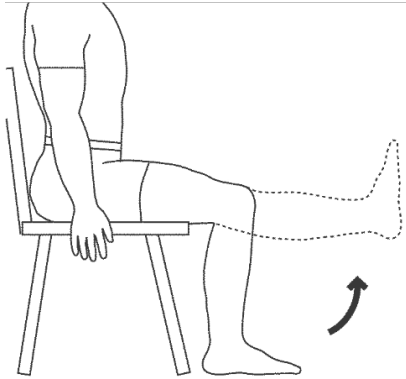
Abbreviations -

NWB - non weight bearing
WB - weight bearing
PWB - partial weight bearing
ROM - range of motion
AROM - active range of motion
PROM - passive range of motion
PT - physical therapy
SLR - straight leg raise
DF - dorsiflexion
PF - plantarflexion



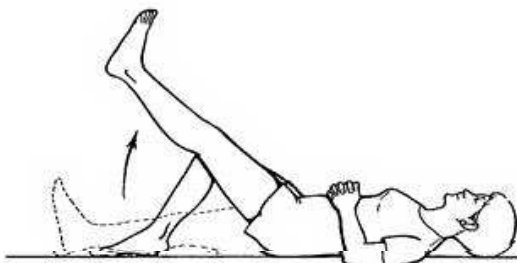
Reverse slant board

EXERCISES (Weeks 2-4 Post-Op)



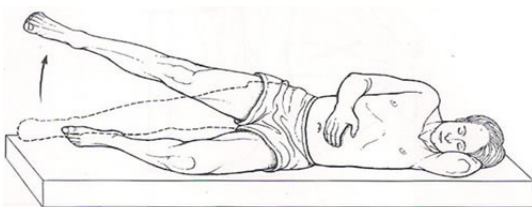
Long Arc Quads

1. Sit with knee bent at 90 degrees.
 2. Fully straighten knee so that leg is parallel to the ground.
 3. Slowly return leg to starting position
- 2-3 sets, 20-30 reps, 2-3x / day



Straight Leg Raises

1. Lie on back with knee straight and the other knee bent as shown
 2. Keep the leg completely straight, then raise it up to the other knee, slowly lower
- 2-3 sets, 20-30 reps, 2-3x/day



Side Lying Leg Raises

1. Lie on side with straight leg on top, Lower leg bent, abdominals engaged.
 2. Lift the top leg straight up and then slowly lower.
- * Do not crunch at your waist
- 2-3 sets, 20-30 reps, 2-3x/day