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POSTERIOR TIBIAL TENDON RECONSTRUCTION (FDL Transfer and Calcaneal Osteotomy)

POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 28

- Immobilized in equinus and varus
- Crutches – non weight bearing (NWB)
- Active range of motion (AROM) hip and knee
- Wiggle toes
- Straight leg raises (SLR) x 4 directions
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups)
- LE stretches – Hamstring, quads, ITB, hip flexors
- Elevation

GOALS

- Pain management
- Prevent swelling

WEEKS 4 – 8

- Short leg walking cast SLWC – Positioned more plantigrade
- Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal
- Continue appropriate previous exercises
- Isometrics x 4 directions

GOAL

- Minimize atrophy

WEEKS 8 – 10

- Cam walker – full weight bearing (FWB)
- Continue appropriate previous exercises
- Scar massage/mobilization with oil/cream
- Ankle AROM – Calf pumping, alphabet, rotations
- Light Theraband ex x 4
- Towel crunches and side-to-side
- Steamboats (Theraband x 4 while standing on involved LE) in cam walker
- Mini-squats, Wall squats, Total gym
- Proprioception ex – Double leg BAPS
- Gastroc/Soleus stretching

GOALS

- Full DF / PF
- No adhesions

WEEKS 10 – 16

- Transition from cam walker to ankle brace

- Continue appropriate previous and following exercises without brace
- Strengthening ex, emphasize medial ankle mm
- Theraband with increasing resistance
- Elgin
- Double leg heel raises – emphasize involved side
- Leg press, knee ext, Hamstring curl, hip weight machines
- Forward, retro and lateral step downs
- Proprioception ex – single leg BAPS, ball toss, body blade
- Stationary bike
- Pool therapy

GOALS

- Normal gait
- Symmetrical ROM

MONTHS 4 – 6

- Continue ankle brace and appropriate previous exercises
- Single leg heel raises
- Fitter, slide board
- Treadmill – Walking progression program
- Elliptical trainer
- Stairmaster

GOALS

- Normal strength
- Walk 2 miles at 15 min/mile pace

MONTHS 6 – 9

- D/C brace
- Continue appropriate previous exercises
- Pushup progression
- Sit-up progression
- Treadmill – Running progression program
- Agility drills / Plyometrics
- Transition to home / gym program

GOAL

- Return to all activities

****NO CONTACT SPORTS UNTIL 9 MONTHS POST-OP****

ADAPTED FROM:

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