Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

1st MTP Cheilectomy
Post-Operative Protocol

Weeks 0-1

- Non-weight bearing with crutch use
- Maintain and progress strength of non-operative joints (knee, hip, UE)
- Protect tissue healing: postoperative posterior splint
- Elevation above the heart "toes above the nose" for edema control

Weeks 1-4

- Weight bearing as tolerated in post-operative shoe. Wear post-op shoe with ambulation, remove at night.
- Suture removal – Week 2
- Start PT: gentle range of motion of great toe, heel raises, and toe pulls.
- Manage swelling with ice, etc.
- Do not ambulate barefoot

Weeks 4-12

- Transition to regular shoe with a wide toe box
- Continue home exercise program to include great toe range of motion
- Slowly progress low impact activity like walking
- Manage swelling with ice, etc.
- Do not ambulate barefoot

Months 3-6

- Continue progress activity as tolerated.
- Continue home exercise program
- Shoe wear should accommodate for lingering swelling.
- Do not ambulate barefoot

Revised ***