

COMPREHENSIVE PHYSICAL THERAPY

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### Sports Medicine/Foot & Ankle

### Peroneal Tendon Reconstruction/Groove Deepening Delayed Post-operative Protocol

#### Weeks 0-2

- Plaster splint
- Non-weight bearing with crutches only, no scooter use

#### Weeks 2-4

- Transition into boot at 2 weeks, non weight bearing
- Begin progressive weight bearing at 3 weeks
  - Week 3 at 25% of weight, use two crutches
  - Week 4 at 50% of weight, use two crutches
  - Week 5 may transition to one crutch then full weight bearing in boot
- Begin ankle ROM only
  - Dorsiflexion, 75% max plantar flexion (avoid full plantar flexion)
  - Avoid passive inversion and eversion
- Begin ankle strengthening exercises
  - Isometrics all directions—submaximal
  - No resistance bands
- Intrinsic foot strengthening

#### Weeks 4-8

- At week 6, wean from boot and transition into velocity ankle brace
  - Over 10-14 days, may discontinue wearing boot at home. Continue to wear the boot outside of the home
  - After 14 days, completely discontinue boot (8 week mark)
  - Must wear velocity brace for 6 weeks
- **May sleep without boot at 6 weeks**
- Progressive strengthening and ROM
- Proprioception training
  - Stable surfaces progressing to varied surfaces as strength and neuromuscular control allows

#### Weeks 8-12

- Complete preliminary functional test prior to 8 week follow up with physician
- Progress to higher impact activity with velocity brace
  - Begin straight line jogging
  - Plyometrics and jump training
- Sport specific training at 12 weeks
- May discontinue velocity brace at 12 weeks
- **Complete full functional test at 16 weeks**

Revised \*\*\*