

**Phase I - Maximum Protection****Weeks 0 to 2:**

- Post-operative posterior splint
- Non-weight bearing at all times with use of crutches
  - No scooter

**Goals**

- Reduce inflammation and pain
- Protect surgical repair
- Maintain strength and range of motion of non-operative joints

**Exercise progression**

- Open chain hip strengthening
- Gait training
- Elevation and ice to assist with swelling reduction

**Weeks 2 to 4:**

- Transition to CAM boot
- Weight bearing as tolerated transitioning off crutches
- Initiate range of motion at foot and ankle
  - No restrictions
- Initiate closed chain strengthening in CAM boot

**Goals**

- Reduced inflammation and pain
- Protect surgical repair
- Maintain strength and range of motion of non-operative joints
- Range of motion at foot and ankle

**Exercise progression**

- Open chain hip strengthening
- Closed chain kinetic chain exercises in double limb
- Gait training
- Elevation and ice to assist with swelling reduction

**Phase II- Progressive Stretching and Early Strengthening****Weeks 4 to 6:**

- Full weight bearing in CAM boot
- Progress strengthening in CAM boot

**Goals**

- Reduce inflammation and pain
- Protect surgical repair
- Progress range of motion at ankle and foot
- Progress strength in limb

**Exercise progression**

- Gait training
- Closed chain exercises in double limb progressing to single limb in CAM boot
- Elevation and ice to assist with swelling reduction

**Phase III- Advanced Strengthening**

**Weeks 6 to 8:**

- Transition to running shoe with insert (with appropriate cutout depending on sesamoid)
- Full weight bearing
- Progress to full range of motion as tolerated

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Normal gait pattern
- Initiate strength and proprioceptive/balance drills

Exercise progression

- Normalize gait pattern
- Introduce bike and elliptical trainer
- Proprioceptive and balance drills
- Unilateral closed kinetic chain strengthening program
- Modalities for pain relief and swelling reduction

**Phase IV- Running Progression and Return to Sport**

**Weeks 8 to 10:**

- Shoe with insert
- Administer Preliminary functional test at 8 weeks for physical therapist to review
- Initiate straight line jogging at 8 weeks if proper biomechanics are demonstrated and symmetry on functional test
- Advance strengthening program
- Initiate plyometrics progressing from double limb to single limb
- Administer Return To Sport functional test at 10 weeks prior to MD appointment for physician to review

Goals

- No swelling
- Full range of motion
- Symmetrical strength and power

Exercise progression

- Basic ladder series
- Linear jogging progression
- Basic plyometric box progression
- Gym strengthening progression

Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass Return To Sport functional test at >90% (involved vs. uninvolved limb)
- Display symmetry and confidence in high-speed cutting, multi-plane plyometric drills, sprinting and decelerating

Anticipated return to sport:

- 12 weeks for contact and non-contact athletes

Revised \*\*\*