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## Sports Medicine/Foot & Ankle

### Turf Toe Post-Operative Protocol

#### Orthotic Progression

##### **Weeks 0-2**

Post op splint in 10-20 degrees plantarflexion

- Isometric and open chain activity for quadriceps, glutes, hamstrings

##### **Weeks 2-4**

Non weight bearing in boot

- Continue open chain strengthening
- PROM and AROM of ankle week

##### **Weeks 5-6**

Progressive WBAT in boot

- Gait training as tolerated
- Closed-chain lower extremity strength
- AROM of MTPs
- Toe yoga
- 4 way ankle with resistance

##### **Week 6**

Carbon insert

- All activities should be performed with carbon insert
- Continue progressive resisted activities
- Proprioception

##### **Week 16**

Wean out of carbon insert

- Slowly incorporate 1<sup>st</sup> MTP extension and sport-specific activities

#### Return to Run Program

1. 12 weeks post-op, unless cleared by Dr. Wolf
2. 5/5 strength in all planes

#### Return to Sport Eligibility

1. 50 deg-60 deg painless passive dorsiflexion
2. 12-16 weeks post-op, unless cleared by Dr. Wolf



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## Turf Toe Post-Operative Protocol

### Return to Sport Activity

- Incline walking—at least 3% grade
- Reverse lunges and lunge lift-offs
- Triple extension
- Sled-pushes
- POGOs
- Heel raise progression
  - DL Concentrics
  - DL Eccentrics
  - SL concentrics
  - SL eccentric
- Advanced proprioception activities
- Plyometrics and jumping—sports specific

### Reference

1. McCormick JJ, Anderson RB. Rehabilitation following turf toe injury and plantar plate repair. *Clin Sports Med.* 2010 Apr;29(2):313-23, ix
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