

### 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

**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
2. Vopat ML, Hassan M, Poppe T, et al. Return to Sport After Turf Toe Injuries: A Systematic Review and Meta-analysis. *Orthop J Sports Med.* 2019;7(10):2325967119875133. Published 2019 Oct 14. doi:10.1177/2325967119875133
3. Poppe, Tanner BS1; Reinhardt, Daniel MD1; Tarakemeh, Armin BA1; Vopat, Bryan G. MD1; Mulcahey, Mary K. MD2 Turf Toe, *JBJS Reviews:* August 2019 - Volume 7 - Issue 8 - p e7 doi: 10.2106/JBJS.RVW.18.00188

Revised 7/2019