Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Peroneal Tendon Reconstruction/Groove Deepening
Post-Operative Protocol

Weeks 0-2
- Non-weight bearing in plaster splint
- Crutches only, no scooter use
- Elevation, “toes over nose” for pain and swelling control

Weeks 2-6
- Transition into boot non-weight bearing
- Begin progressive weight bearing at four weeks post op
    - Week four at 25% of weight, use two crutches
    - Week five at 50% of weight, may transition to one crutch
    - Week six may transition to full weight bearing in boot
- Being ankle ROM only
    - AROM dorsiflexion
    - Only 75% of plantar flexion (avoid full plantar flexion)
    - Avoid passive inversion and eversion
    - No resistance
- Begin ankle-strengthening exercises
    - Isometrics all directions-submaximal
    - No resistance bands
- Intrinsic foot strengthening

Weeks 6-12
- At week 8, wean from boot and transition into velocity ankle brace
    - Discontinue sleeping in boot
    - 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 (10-week mark)
    - Transition into velocity brace
- Progressive strengthening and ROM
- Proprioception training
    - Stable surfaces progressing to varied surfaces as strength and neuromuscular control allows

Weeks 12+
- Complete preliminary functional test prior to 12 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 ***