



DR. ELTON'S CHEILECTOMY and CARTIVA POST-OP PROTOCOL

Weeks 0 - 2

- Nonweightbearing POD #0, progress to heel weightbearing in postop shoe once nerve block wears off
- Wean from crutches as tolerated
- Pain control , wean from narcotic pain medications to tylenol
- Edema control, ice and elevate, "toes above the nose"
- Appointment 5-7 days with tech for dressing change, may progress to flat foot weightbearing in postop shoe or boot

Exercises

- Active toe curls, toe spreads, ROM exercises to ankle, knee, and hip
- Well-leg cycling, weight training.

Goals

- Decrease pain, edema. Gait training on heel in postop shoe.

Weeks 2 - 4

- Appointment 10-14 days for stitch removal and xray to verify placement
- Gradually wean from postop shoe at 2 weeks into regular shoes
- Gait training

Manual

- Soft tissue mobilization and edema reduction to ankle, foot.
- Gentle passive ROM of 1st MTP joint, avoid terminal dorsiflexion and plantarflexion

- At 3 weeks initiate scar mobilization once incisions completely closed.

Exercises

- Toe curls, toe spreads, ankle ROM and strengthening
- Stationary cycling.

Goals

- Full ROM and normal gait

Weeks 4 - 12

- Appointment at 6 weeks
- Gait training and return to normal activities

Manual

- Continue with soft tissue mobilization, full range of motion, joint mobilizations as needed.

Exercises

- Proprioceptive exercises, affected leg exercises and weight lifting
- Progress to cycling in shoes, swimming.

Goals

- Full range of motion of toes and ankle
- Good gait mechanics
- Return to sport

NOTE: All progressions are approximations and should be used as a guideline only. Progression will be based on individual patient presentation, which is assessed throughout the treatment process.

Call and leave a message with ***Elton Team*** with questions.

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