



DR. ELTON'S PERONEAL TENDON REPAIR POST –OP PROTOCOL

Weeks 0 - 2

- Nonweightbearing in splint 10-14 days
- Pain control , wean from narcotic pain medications to tylenol
- Edema control, ice and elevate, “toes above the nose”

Exercises

- Toe curls, toe spreads, straight leg raises, knee flexion/extension.
- Well-leg cycling, weight training.

Goals

- Decrease pain, edema. Gait non weight bearing with axillary crutches/splint.

Weeks 2 - 6

- Appointment 10-14 days for stitch removal and conversion to hinged boot.
- Adjustable boot unlocked
- Gradually increase weightbearing as tolerated in boot

Manual

- Soft tissue mobilization and edema reduction to ankle, foot.
- Initiate gentle passive range of motion dorsiflexion, plantarflexion, eversion, inversion as tolerated.
- At 3 weeks initiate scar mobilization once incisions completely closed.

Exercises

- No resisted eversion of ankle

- Straight leg raises, side-lying hip abduction, Straight legged bridges.
- Isometrics of uninvolved muscles.
- Proprioception exercises, intrinsic muscle strengthening, PNF patterns for hip and knee.
- Stationary cycling.

Goals

- Full ROM

Weeks 6 - 12

- Transition out of boot into lace up brace
- Gait training.

Manual

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

Exercises

- Begin and gradually increase active / resistive exercises, may do resisted eversion now (i.e. submaximal isometrics, cautious isotonic, Theraband).
- Progress to cycling in shoes, swimming.

Goals

- Full range of motion ankle.
- Good gait mechanics.

Months 3 - 6

- Progress training jogging / running, jumping and eccentric loading exercises, noncompetitive sporting activities, sports-simulated exercises.

Exercises

- Closed chain exercises: controlled squats, lunges, bilateral calf raise (progress to unilateral), toe raises, controlled slow eccentrics vs. body weight.
- Cycling, VersaClimber, rowing machine, Nordic Track.
- Unless excessive fibrosis present, should be discharged into a home program.

Goals

- Strength 5/5, Full ROM.

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.

Edwards – 970.569.3240 | Vail – 970.476.7220 | Frisco 970.668.3633