



REHABILITATION GUIDELINES FOR PERONEAL TENDON REPAIR

PHASE I (0-4 WEEKS POST-OP)

DATES:

Appointments	MD appointment at (7-10 days post-op) Begin physical therapy (5-7 days post-op)
Rehabilitation Goals	<ul style="list-style-type: none"> Edema and Pain Control Early ROM Protect repair
Precautions	<ul style="list-style-type: none"> NWB x 2 weeks with Splint; 2-4 weeks with CAM boot No ankle inversion/plantarflexion x 2 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Toe ROM Foot intrinsic ex's NWB Glut med/max strength in NWB positions 4-way hip SLR ex's AROM ankle Seated towel gastrocnemius stretch
Cardiovascular Exercises	<ul style="list-style-type: none"> UBE warm-up
Progression Criteria	<ul style="list-style-type: none"> Control of pain and swelling

PHASE II (4-6 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> FWB gait in CAM boot and crutches Protect repair (full rupture with end-to-end suture)
Precautions	<ul style="list-style-type: none"> .PWB progressing to WBAT with CAM boot with crutches x 6 weeks (unless full rupture then x 8 weeks)

	<ul style="list-style-type: none"> No resistance strength of ankle x 6 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Continue with toe/foot intrinsic ex's Ankle ROM all planes Seated calf raises Seated BAPS for ROM Aquatic gait training Isometric ex's all planes for ankle Standing gastroc stretch
Cardiovascular Exercises	<ul style="list-style-type: none"> Stationary bike with light resistance Aquatic walking
Progression Criteria	<ul style="list-style-type: none"> Walking with crutches pain free in CAM boot Within 75% of normal ankle ROM

PHASE III (6-8 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> Normal gait pattern in supportive shoes Full ankle ROM Initiate strength for ankle
Precautions	<ul style="list-style-type: none"> No passive stretching into inversion/plantarflexion
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> 4-way ankle strength with bands Standing calf raises Bilateral balance/proprioception Core strength/hip stability in CKC positions
Cardiovascular Exercises	<ul style="list-style-type: none"> Walking Swimming Biking
Progression Criteria	<ul style="list-style-type: none"> Normal gait pattern Pain free AROM

PHASE IV (8-12 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Restore full pain free ROM in weight bearing • Normalize balance and stability in ankle in weight bearing
Precautions	<ul style="list-style-type: none"> • Plyometric training X 10 weeks • Running x 12 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Eccentric control in involved LE • Balance and proprioception in single leg progressing from level to uneven surfaces • Start agility drills • Bilateral to single leg plyometric ex's • Low velocity progressing to high velocity ex's
Cardiovascular Exercises	<ul style="list-style-type: none"> • Slow return to running x 12 weeks • Biking, Hiking, Swimming
Progression Criteria	<ul style="list-style-type: none"> • Pass return to sport test before sports

PT name and date: Julie Perumal PT, DPT 7/11/19

MD name and date: Stephen Knecht 9/23/19

MAMMOTH ORTHOPEDIC INSTITUTE

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.924.4084

162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.7766

SIERRA PARK PHYSICAL AND OCCUPATIONAL THERAPY

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.934.7302

162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.2942