



REHABILITATION GUIDELINES FOR POSTERIOR TIBIAL TENDON REPAIR: (FLEXOR DIGITORUM LONGUS TENDON TRANSFER WITH CALCANEAL OSTEOTOMY)

PHASE I (0-6 WEEKS POST-OP)

DATES:

Appointments	MD appointment at (10-14 days post-op) Begin physical therapy (5-7 days post op 1-2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Protect Repair • Pain and Swelling control
Precautions	<ul style="list-style-type: none"> • NWB x 6 weeks in cast • No eversion AROM x 6 weeks, all other planes allowed
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Seated open chain foot intrinsic ex's • Toe ROM • Ankle ROM avoiding active eversion • Ankle isometrics
Cardiovascular Exercises	<ul style="list-style-type: none"> • UBE
Progression Criteria	<ul style="list-style-type: none"> • Pain and Edema control

PHASE II (6-8 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • WBAT in CAM boot • Full ankle ROM all planes
Precautions	<ul style="list-style-type: none"> • PWB progressing to WBAT in CAM boot x 8 weeks • No resistance to eversion x 8 weeks

Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Standing gastroc/soleus stretch • Standing calf raises • 3-way ankle resistance avoiding resistance to eversion x 8 weeks • Foot intrinsic strength in weight bearing • Bilateral balance and proprioception activities
Cardiovascular Exercises	<ul style="list-style-type: none"> • Stationary Bike • Aquatic walking
Progression Criteria	<ul style="list-style-type: none"> • Normal gait pattern • Pain free AROM

PHASE III (8-12 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Normalize gait pattern • Return to functional movements patterns • Single leg strength and mechanics
Precautions	<ul style="list-style-type: none"> • Discontinue CAM boot with normal gait pattern in supportive shoes • No running x 4-6 months
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Initiate eversion strength with bands • Start single leg balance and proprioception • Bilateral eccentric strength of LE's • Squats, lunges, step up/down
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike • Swimming • Walking/Hiking
Progression Criteria	<ul style="list-style-type: none"> • Pain free weight bearing ROM for functional activities • Normal gait pattern

PHASE IV (12-18 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (1-2 weeks, PRN)
Rehabilitation Goals	<ul style="list-style-type: none">• Normal involved LE eccentric control for functional activities• Agility and control with lateral motions and initiating cutting motions
Precautions	<ul style="list-style-type: none">• Pass Return to Sport Test prior to cutting sports
Suggested Therapeutic Exercises	<ul style="list-style-type: none">• Single calf raises• Single eccentric LE strength and mechanics• Agility training
Cardiovascular Exercises	<ul style="list-style-type: none">• Slow return to running (4-6 months)
Progression Criteria	<ul style="list-style-type: none">• Pass Return to Sport test prior to sports

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