

REHABILITATION GUIDELINES FOR BUNIONECTOMY

PHASE I (3-4 WEEKS)

DATES:

Appointments	MD follow up at (10-14 days post op) Begin physical therapy (2-3 weeks post op)
Rehabilitation Goals	- Gaining ROM in 1st ray in dorsiflexion/plantarflexion - Protect capsular re-alignment and osteotomy with fixation - Scar tissue management
Precautions	- PROM only during weeks 3-4 - CAM Boot WBAT x 8 weeks (4 weeks on heels then progress to forefoot as tolerated)
Suggested Therapeutic Exercises	- PROM to great toe - Therapist can focus on deep tissue massage and ultrasound - US at every visit between 1st/2nd web-space each visit x 4 weeks
Cardiovascular Exercises	Seated UBE warm-up
Progression Criteria	Minimal swelling and pain free PROM

PHASE II (4-8 WEEKS)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	- Gain full ankle ROM - Great toe DF/PF ROM - Foot/ankle strength in open chain - Bilateral balance/proprioception work - Normalize Gait Training

Precautions	• WBAT still in CAM boot x 8 weeks • No standing calf raises x 8 weeks
Suggested Therapeutic Exercises	• 4-way resisted ankle strength • Seated calf raises and toe raises • Bilateral balance with CAM boot • Toe yoga and foot intrinsic strength
Cardiovascular Exercises	• Stationary bike
Progression Criteria	• Pain free ankle/foot/toe ROM

MD name and date: Knecht

PT Name and date: Maarten Harris 10/2/2026

MAMMOTH ORTHOPEDIC INSTITUTE

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.924.4084
162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.7766

MAMMOTH HOSPITAL 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