PERONEAL TENDON DISLOCATION
REHABILITATION
Jay G. Carson M.D.

Postoperative, DOS: ____________
Non-weightbearing in splint for 10-14 days.

At two weeks, Begin Date: ____________
WBAT in boot. Begin peroneal tendon (eversion), posterior tibial (inversion),
dorsiflexion and plantarflexion strengthening, starting with isometrics and progressing
into isotonics and isokinetics. **AVOID** plantarflexion and inversion beyond 15 degrees,
otherwise progress ROM as tolerated.

At 4-6 weeks, Begin Date: ____________
Convert to WBAT in stirrup brace (Aircast). May start stationary bike and stair-stepping
machine.

At 6-8 weeks, Begin Date: ____________
Progress plantarflexion and inversion beyond 15 degrees as tolerated.

At 8 weeks, Begin Date: ____________
May begin running and progress into weaves then cutting.

At 12 weeks, Begin Date: ____________
May participate in cutting sports.

Avoid circumduction of the foot for 3 months postoperatively. An ankle brace (stirrup,
sleeve, etc.) should be worn for the first six months after the reconstruction while in
sports or heavy labor, then as needed.

Updated: 5/5/16