

PERONEAL TENDON DISLOCATION REHABILITATION

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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.