First Metatarsophalangeal Joint Fusion
REHAB Protocol

EARLY PHASE (Weeks 0-8)

Weight Bearing and Range of Motion:

Complete NWB to the lower extremity

Therapeutic Elements:

Ice every 20 minutes each hour
Elevate above the level of the heart as much as possible
Take anti-inflammatories, pain medication as directed

Goals:

Control pain/swelling

WEIGHT BEARING PHASE (Weeks 6-8)

Weight Bearing and Range of Motion:

WBAT +/- crutches in CAM walker only
Begin active ankle, STJ ROM exercises
Core exercises
Joint mobilization to unfused joints
Begin unilateral stance exercises
Low level balance and proprioceptive exercises

Therapeutic Elements:

Continue above
Retrograde soft tissue mobilization for edema reduction

Goals:

Weight bearing in protective boot without discomfort
Sleep without CAM walker

COASTAL ORTHOPEDIC Associates

STRENGTHENING PHASE (Months 3-4)

Weight Bearing and Range of Motion:

Slowly wean out of CAM walker
Full WB in rigid sneaker with rigid toebox
Stationary bicycle, gait training
Higher level unilateral stance exercises
Progressive strengthening of ankle, hip and knee
Bilateral heel raises, progressing to unilateral heel raises

Therapeutic Elements:

Continue above with balance exercises and gait training

Goals:

WBAT in rigid flat shoe without discomfort

It is important to note that each patient has an individualized rehabilitation protocol and this is a generalized overview of the rehabilitation process