COASTAL ORTHOPEDIC Associates

Peroneus Longus/Brevis Repair Rehab Protocol

Phase 1 (0-6 weeks) Initial

Goals:

- Full soft tissue healing
- Decrease swelling
- Decrease pain

Weeks 1-4:

- Short leg cast
- Non-weightbearing
- Allow wounds to heal

Weeks 4-6:

- Remove short leg cast
- Transition to walking boot
- Dorsiflexion/plantar flexion exercises

Phase 2 (6-8 Weeks) Intermediate

Goals:

- Improve muscular strength and endurance
- Normalize joint arthrokinematics

Week 6:

- Addition of ankle inversion exercises
- Continue dorsiflexion/plantar flexion exercises
- Continue walking boot

Phase 3 (8-16 Weeks) Advanced

Goals:

- Preparation for returning athletic or functional activities
  - Full non-painful ROM
  - No pain or tenderness
  - Satisfactory clinical exam

Week 8-16

- Addition of ankle eversion exercise, emphasizing muscular strength, endurance and flexibility
- Discontinue walking boot and initiate return to sport program