Post-Operative Rehabilitative Protocol For Peroneus Tendon Subluxation Repair

I. INITIAL PHASE (weeks 1-6)

GOALS:

Full soft tissue healing. Decrease swelling. Decrease pain.

A. Post-op Weeks 1-4

1. Short leg cast: non-weightbearing. Allow wounds to heal.

B. Post-Op Weeks 4-6

1. Remove short leg cast
2. Transition to walking boot
    a. Dorxiflexion/plantar flexion exercises

II INTERMEDIATE PHASE (weeks 6-8)

GOALS:

Improve muscular strength and endurance. Normalize joint arthrokinematics

A. Week 6

1. Addition of ankle inversion exercises
2. Continue to dorsiflexion/plantar flexion exercises
3. Continue walking boot

III ADVANCED PHASE (weeks 8-16)

GOAL:

Preparation for returning athletic or functional activities

1. Full non-painful ROM
2. No pain or tenderness
3. Satisfactory clinical exam

A. 8-16 weeks

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