Hallux Valgus (Distal First Metatarsal Osteotomy) REHAB Protocol

EARLY PHASE (Weeks 0-2)

Weight Bearing and Range of Motion:

Weight bearing as tolerated in provided surgical shoe or boot WITH an assistive device if needed

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 2-6)

Weight Bearing and Range of Motion:

Begin active ROM to the first MPJ
WBAT +/- crutches in surgical shoe from weeks 2-4
Transition to wide sneaker weeks 4-6

Therapeutic Elements:

Continue above
Retrograde soft tissue mobilization for edema reduction

Goals:

Able to achieve active ROM to first MPJ without discomfort

STRENGTHENING PHASE (Weeks 6-8)

Weight Bearing and Range of Motion:

Full

Therapeutic Elements:

Continue above with increased ROM and balance exercises

Goals:

WBAT in rigid flat shoe without discomfort

FINAL PHASE (Months 3-4)

Weight Bearing and Range of Motion:

Full

Return to jogging, activities in rigid sneaker as tolerated

Therapeutic Elements:

Continue above with increased ROM and balance exercises

Goals:

Return to competitive activities

Continue to decrease edema

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