

PERONEAL TENDON REPAIR PROTOCOL POST OPERATIVE

	Time Frame (Weeks)	Activity
PHASE I	0-2	WB Status: NWB Device: Neutral cast ROM: No ROM; Hip and knee AROM
	2-4	WB Status: WBAT in boot with crutches Device: Transition to CAM boot ROM: Gentle AROM ankle and foot: PF/DF and toe flexion/extension; Gentle active assisted inversion; Passive eversion only Manual Therapy: Gentle soft tissue mobilization (STM) to reduce edema Exercises: OKC hip and core strength Light stationary bike in boot @ 2-3 weeks
PHASE II	4-6	WB Status: WBAT; weaning off crutches Device: CAM boot ROM: Gentle AROM ankle and foot: PF/DF and toe flexion/extension; Gentle active assisted inversion; Passive eversion only Manual Therapy: Gentle STM to surrounding mm, and to reduce edema Midfoot, forefoot, and first ray mobilization Strength: Submax DF/PF/inv isometrics in neutral ankle position; Foot intrinsic activation Exercises: Continue OKC proximal mm strength; CKC submax LE strength in boot Stationary bike with boot
	6-8	WB Status: WBAT in lace up ASO brace with all ADL Device: Wean from boot to shoe with Lace up ASO brace (by 8 weeks) ROM: Full ankle PF/DF; gentle inversion and eversion Manual Therapy: Early scar mobilization, progressive STM Continue joint mobilization, include TCJ as appropriate Strength: DF/PF PREs with theraband, inversion/eversion isometrics Exercises: CKC LE strength progression, normalize gait Proprioception– SL balance Stationary bike in tennis shoe
PHASE III	8-12	WB Status: ASO in tennis shoe with all ADL ROM: Full PF/DF; gentle inversion and eversion Manual Therapy: Continue STM, and scar mobilization as needed Strength: DF/PF/inv PREs, begin heel raise progression, eversion isometrics; Eversion theraband beginning at 10 weeks Exercises: Proprioceptive and balance training Non impact cardio: Bike w/ increased resistance, elliptical, row ergometer, swimming/pool work, walking program (treadmill progressing to outdoor) Continue CKC strength progressions
	12-16	WB Status: Lace up ASO as needed ROM: All planes as tolerated Strength: Progress PREs all planes; emphasize eversion eccentrics, PF eccentrics Exercises: Advance CKC strengthening Advance proprioceptive training, progress into multiplanar instability Light plyometric activities as functionally appropriate Walk/jog progressions at 14 wks
PHASE IV	16-24+	Strength: Advanced strength and proprioception Exercises: Linear running, jumping, and plyometric progressions Submaximal sport specific progressions- cutting, pivoting, change of direction, acceleration/deceleration RTS: RTS testing Functional Movement Screening High impact and advanced sport progressions 6 mo + when functionally appropriate and cleared by MD/PT Anticipate full return to sport 8-12 months