Postoperative Peroneal Tendon Repair Protocol

DR. EASTWOOD

POSTOPERATIVE PHASE I:
(0-2 Weeks)

WEIGHT BEARING

- No weight bearing. Use crutches/walker/ knee walker as necessary.

DRESSING/WOUND CARE

- Keep splint on at all times

ACTIVITY

- Straight leg raises, toe curls

POSTOPERATIVE PHASE II:
Gentle Range-of-Motion (2-6 Weeks)

WEIGHT BEARING

- May begin very mild partial weight bearing with assistance of crutches/walker only while using CAM boot. You should wear the boot at all times including while sleeping. May advance to weight bearing as tolerated week 4 as long as you can walk without pain. Continue to use at least one crutch, however, for support.

WOUND CARE

- You may get wet very briefly to wash. Keep clean and dry. Report any increasing redness or drainage. You may start gentle massage to skin around the incision starting week 4.

ACTIVITY

- Straight leg lift, standing hamstring curl. No ankle motion until week 4, then may begin gentle ankle flexion/extension only, no inversion/eversion.

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

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POSTOPERATIVE PHASE III:

Initiate Strengthening (6-10 Weeks)

WEIGHT BEARING

- Ween CAM boot, weight bearing as tolerated in lace-up brace.

WOUND CARE

- Continue daily gentle massage of incision site and surrounding skin and tissue. Call if any redness or drainage.

ACTIVITY

- Full ankle ROM including inversion and eversion. May begin stationary bike and elliptical with the lace-up brace.

POSTOPERATIVE PHASE IV:

Advanced Strengthening (10-16 Weeks)

WEIGHT BEARING

- May begin to ween the lace-up brace as strength returns.

WOUND CARE

- Continue daily gentle massage to incision site and surrounding skin and tissue. Call if any increasing redness or drainage.

ACTIVITY

- Begin more advanced strengthening and proprioception. May return to impact activities in week 10.

POSTOPERATIVE PHASE V:

Return to Sport (16 Weeks)

WEIGHT BEARING

- Full weight bearing in regular shoe.

ACTIVITY

- Progressive running. Progressive agility and proprioception. Advancement to plyometrics.

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