Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Turf Toe
Post-Operative Protocol

Orthotic Progression

Weeks 0-2
Post op splint in 10-20 degrees plantarflexion
- Isometric and open chain activity for quadriceps, glutes, hamstrings

Weeks 2-4
Non weight bearing in boot
- Continue open chain strengthening
- PROM and AROM of ankle week

Weeks 5-6
Progressive WBAT in boot
- Gait training as tolerated
- Closed-chain lower extremity strength
- AROM of MTPs
- Toe yoga
- 4 way ankle with resistance

Week 6
Carbon insert
- All activities should be performed with carbon insert
- Continue progressive resisted activities
- Proprioception

Week 16
Wean out of carbon insert
- Slowly incorporate 1st MTP extension and sport-specific activities

Return to Run Program
1. 12 weeks post-op, unless cleared by Dr. Wolf
2. 5/5 strength in all planes

Return to Sport Eligibility
1. 50 deg-60 deg painless passive dorsiflexion
2. 12-16 weeks post-op, unless cleared by Dr. Wolf

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Return to Sport Activity

- Incline walking—at least 3% grade
- Reverse lunges and lunge lift-offs
- Triple extension
- Sled-pushes
- POGOs
- Heel raise progression
    - DL Concentrics
    - DL Eccentrics
    - SL consentrics
    - SL eccentrics
- Advanced proprioception activities
- Plyometrics and jumping—sports specific

Reference

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