Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Peroneal Tendon Reconstruction/Groove Deepening Delayed

Post-operative Protocol

Weeks 0-2

- Plaster splint
- Non-weight bearing with crutches only, no scooter use

Weeks 2-4

- Transition into boot at 2 weeks, non weight bearing
- Begin progressive weight bearing at 3 weeks
    - Week 3 at 25% of weight, use two crutches
    - Week 4 at 50% of weight, use two crutches
    - Week 5 may transition to one crutch then full weight bearing in boot
- Begin ankle ROM only
    - Dorsiflexion, 75% max plantar flexion (avod full plantar flexion)
    - Avoid passive inversion and eversion
- Begin ankle strengthening exercises
    - Isometrics all directions—submaximal
    - No resistance bands
- Intrinsic foot strengthening

Weeks 4-8

- At week 6, wean from boot and transition into velocity ankle brace
    - Over 10-14 days, may discontinue wearing boot at home. Continue to wear the boot outside of the home
    - After 14 days, completely discontinue boot (8 week mark)
    - Must wear velocity brace for 6 weeks
- **May sleep without boot at 6 weeks**
- Progressive strengthening and ROM
- Proprioception training
    - Stable surfaces progressing to varied surfaces as strength and neuromuscular control allows

Weeks 8-12

- Complete preliminary functional test prior to 8 week follow up with physician
- Progress to higher impace activity with velocity brace
    - Begin straight line jogging
    - Plyometrics and jump training
- Sport specific training at 12 weeks
- May discontinue velocity brace at 12 weeks
- **Complete full functional test at 16 weeks**

Revised ***