



POSTERIOR TIBIAL TENDON RECONSTRUCTION

Progression to the next phase is based on Clinical Criteria and/or Time Frames as Appropriate

IMMEDIATE PROTECTION PHASE (Weeks 1-4)

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Goals:

- Protect healing tissue
- Control pain and swelling
- Control weight bearing forces
- Independent transfers and ambulation

Weight-bearing: NWB with optimal ambulatory assistive device for 4 weeks

Splint/Brace: Foot is placed into equinus and varus position in cast/splint

Treatment:

- Transfer and gait training with assistive device, NWB on surgical lower extremity
- Patient education and independent HEP
- 4-way SLR
- AROM Hip and Knee
- Lower extremity stretching – hamstring, quads, ITB, Hip flexors as needed
- Elevation

MODERATE PROTECTION PHASE (Weeks 4-8)

Goals: Minimize Atrophy in lower extremity

Weight-bearing: WBAT using appropriate assistive device, discharge when gait is normal and pain-free

Splint/Brace: Short leg walking cast – slight plantigrade position??

Treatment:

- Continue appropriate previous exercises
- Isometrics x 4 directions
- Modalities as needed

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- Scar Massage / mobilization

STRENGTHENING AND MOTION PHASE (Weeks 8-16)

Goals: Symmetrical AROM
Normal gait
Pain-free ADL activities

Weight-bearing: FWB with foot/ankle in Cam Walker Boot

Treatment:

Weeks 8-12

- Continue previous exercises as appropriate
- Ankle AROM
 - Ankle pumps, alphabet, rotations
- Theraband exercises x 4
 - Light pain-free resistance
- Proprioception training (in cam walker boot)
 - Standing balance, single leg stance activities, medicine ball progressions
- CKC Exercises
 - Mini-squats, leg press/total gym, straight knee mini-band walking (forward, backward, lateral)
- Gastroc / Soleus stretching

Weeks 12-16

- Transition from cam walker boot to ankle brace
- Continue appropriate previous exercises without brace
- Progressive ankle strengthening exercises
 - Emphasize medial musculature strengthening
- CKC Exercises
 - Double Leg Heel Raises, Forward/Retro/Lateral step-downs, bent knee mini-band walking (forward, backward, lateral)
- Stationary Bicycle
- Aquatic Therapy
 - Deep-water training, Aquatic treadmill walking (shoulder level to waist level)

ADVANCED STRENGTHENING (Months 4-6)

Criteria for entering Advance strengthening:

- Minimum 4/5 Ankle Manual Muscle Testing
- Symmetrical pain-free AROM
- Pain-free ADL activities

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Goals: Normal Strength (5/5 MMT)
Walk 2 miles at 15 minutes/mile pace without pain

Treatment:

- Continue ankle brace and previous exercises as appropriate
- CKC Exercises
 - Progress to single leg heel raises
- Aerobic Activities
 - Elliptical, Stairmaster, Treadmill walking progression
Agility Drills / Proprioception
- Aquatic Therapy
 - Progress to aquatic treadmill running progression program

RETURN TO FUNCTIONAL ACTIVITIES (Months 6-9)

Goals: Return to all activities
Return to contact sports at minimum of 9 months post-operatively

Treatment:

- Discharge brace
- Continue appropriate previous exercises
- Treadmill or Track – running progression program
- Agility Drills / Plyometrics
- Transition to home / gym program