



THERAPY PROTOCOL PERONEAL TENDON REPAIR

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Below are only guidelines. Final determinations will be based on your personal needs and lifestyle.

PHASE 1	PT to begin post-op week 2
GOALS:	Pain management, edema reduction, protection
	<ul style="list-style-type: none">● Progression to FWB in CAM walker (pt is initially NWB in splint for 2 weeks post op)● PROM, AROM, gradual RROM<ul style="list-style-type: none">- no resisted eversion for 1 month● Strengthening<ul style="list-style-type: none">- isometrics except eversion● Manual techniques<ul style="list-style-type: none">- Modalities
PHASE 2	Week 4 – 6
GOALS:	Minimize quad atrophy, minimize deconditioning, ROM
	<ul style="list-style-type: none">● Progression to FWB without CAM (may be given ASO for home use)● PROM, AROM, RROM<ul style="list-style-type: none">- may begin resisted eversion● Stretching gentle<ul style="list-style-type: none">- gastroc/soleus● Neuromuscular re-education<ul style="list-style-type: none">- seated balance board● Strengthening<ul style="list-style-type: none">- isometrics with eversion- step ups- stationary bike- light Theraband- total gym squats and heel raises● Manual techniques● Modalities
PHASE 3	Week 6-10
GOALS:	Normal gait, full ROM, progress strengthening
	<ul style="list-style-type: none">● FWB● PROM, AROM, RROM● Stretching● Strengthening<ul style="list-style-type: none">- progress Theraband- step downs- FWB bilateral heel raises- treadmill walking progression, stairmaster● Neuromuscular re-education<ul style="list-style-type: none">- SLS- balance board bilateral LE's● Manual techniques● Modalities
PHASE 4	Week 10-12
GOALS:	Strength progression
	<ul style="list-style-type: none">● Strengthening<ul style="list-style-type: none">○ single leg heel raises● Neuromuscular re-education<ul style="list-style-type: none">- balance board unilateral LE