



PERONEAL TENDON REPAIR

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Weeks 0-2 1x/ week HEP daily	Control pain and inflammation Independent gait with AD on level and unlevel surfaces Compliance with HEP	NWB Cast/splint 24 hrs/day	Monitor incision Wound care instructions Patient education on WB status
Weeks 2-6 1-2x/ week HEP daily	Progress WB tolerance Initiate cardio-endurance training Initiate ROM	PWB with AD and boot Ankle inversion/eversion ROM limited to 15° Avoid excessive ankle DF stretching	Ankle AROM exercises E-stim for peroneals Continue with gait training per parameters Stationary bike with ankle brace support Hip and thigh strengthening exercises Seated ankle proprioceptive exercises
Weeks 6-10 2x/ week HEP daily	Normalize WB and gait pattern, wean from AD Normalize ankle ROM Progress LE strength Initiate balance activities Ankle strength 4 out of 5	Full WB	Progress ankle ROM exercises Initiate endrange ankle DF stretching Ankle isometrics Week 8: progress to isotonic ankle exercises Foot intrinsic strengthening Bilateral strength and balance exercises
Weeks 10-12 1-2x/ week HEP daily	Symmetrical gait Ankle strength greater than 4 out of 5	Full WB	Resisted exercises at ankle Eccentric ankle exercises Single leg stance Foam and other compliant surfaces Bilateral forward and lateral jumps
Weeks 12+ 1x/ week HEP daily	90% function on single leg hop for distance and triple hop for distance compared to contralateral side	Full WB	Running progressions Jogging with cutting activities Side shuffle Carioca Sport specific drills