



THERAPY PROTOCOL POSTERIOR TIBIAL TENDON RECONSTRUCTION

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

PHASE 1 GOALS:	PT to begin post-op week 2 Pain management, edema reduction <ul style="list-style-type: none">● PWB in CAM walker with assisted device (pt will initially NWB in mold w/assisted device post-op week 1-2)	<ul style="list-style-type: none">● PROM, AROM<ul style="list-style-type: none">○ no eversion past neutral● Manual techniques<ul style="list-style-type: none">○ mobilization● Modalities
PHASE 2 GOALS:	Week 4-6 Minimize atrophy, ROM <ul style="list-style-type: none">● Progression to FWB in CAM walker● PROM, AROM, RROM<ul style="list-style-type: none">○ no eversion past neutral● Strengthening<ul style="list-style-type: none">○ isometrics○ light Theraband○ stationary bike	<ul style="list-style-type: none">● Neuromuscular re-education<ul style="list-style-type: none">○ Seated balance board● Manual techniques● Modalities
PHASE 3 GOALS:	Week 6-8 ROM, strengthening <ul style="list-style-type: none">● FWB in CAM walker● PROM, AROM, RROM● Stretching<ul style="list-style-type: none">○ gentle passive stretching of gastroc/soleus	<ul style="list-style-type: none">● Strengthening<ul style="list-style-type: none">○ progress Theraband● Manual techniques● Modalities
PHASE 4 GOALS:	Week 8-12 Symmetrical ROM, strength progression <ul style="list-style-type: none">● Progression to FWB without CAM● PROM, AROM, RROM● Stretching● Strengthening<ul style="list-style-type: none">○ step up progression○ total gym squats○ total gym heel raises at week 10-12	<ul style="list-style-type: none">● Neuromuscular re-education<ul style="list-style-type: none">○ SLS○ Balance board bilateral LE● Manual techniques● Modalities
PHASE 5 GOALS:	Week 12-16 Strength progression <ul style="list-style-type: none">● Strengthening<ul style="list-style-type: none">○ FWB bilateral heel raises○ step down progression	<ul style="list-style-type: none">● Neuromuscular re-education<ul style="list-style-type: none">○ balance board unilateral LE