

## **POST-OPERATIVE REHABILITATIVE PROTOCOL FOR PERONEUS LONGUS/BREVIS REPAIR**

### **I. INITIAL PHASE (weeks 1-6)**

**GOALS: Full soft tissue healing. Decrease swelling. Decrease pain.**

#### **A. Post-op Weeks 1-4**

1. Short leg cast: non-weightbearing. Allow wounds to heal.

#### **B. Post-Op Weeks 4-6**

1. Remove short leg cast
2. Transition to walking boot
- a. Dorsiflexion/plantar flexion exercises

### **II INTERMEDIATE PHASE (weeks 6-8)**

**GOALS: Improve muscular strength and endurance. Normalize joint arthrokinematics**

#### **A. Week 6**

1. Addition of ankle inversion exercises
2. Continue to dorsiflexion/plantar flexion exercises
3. Continue walking boot

### **III ADVANCED PHASE (weeks 8-16)**

**GOAL: Preparation for returning athletic or functional activities**

1. Full non-painful ROM
2. No pain or tenderness
3. Satisfactory clinical exam

#### **A. 8-16 weeks**

1. Addition of ankle eversion exercise, emphasizing muscular strength, endurance and flexibility
2. Discontinue walking boot and initiate return to sport program



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