

## **Post-Operative Instructions** **Common Peroneal Nerve Decompression**

### **Day of Surgery**

- A. Relax. Diet as tolerated.
- B. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.

*You will be contacted by East Coast Orthotics regarding an ice compression unit to be used after surgery. This helps with pain and swelling but typically is not covered by insurance. The cost is \$200-300 for a 2-week rental. Alternatively, ice gel packs with a shoulder or knee sleeve can be provided by the hospital for a minimal charge.*

- C. Pain medication as needed every 6 hours (refer to pain medication sheet)

### **First Post-Operative Day**

- A. Continue ice pack everyone to two hours while awake and pain meds as needed or cryocuff or gameready. Ice cuff as per instructions.

### **Second Post-Operative Day**

- A. Continue ice pack up to post op day 2-5 and utilize after physical therapy sessions.

### **Third Post-Operative Day**

- A. You may remove surgical bandage and shower this evening. Apply Tegaderm (transparent medical dressing) to wounds prior to showering and remove and apply fresh Tegaderms after shower is complete
- B. You will need to keep your incisions covered with Tegaderms when taking a shower for the first 2 weeks

### **Physical Therapy (IF INDICATED BY YOUR SURGEON)**

- A. Physical Therapy should begin at 4 weeks. Please call your preferred facility to make an appointment.
- B. Pendulum exercises should begin after the first postoperative follow-up visit.

*\* Tegaderms may be purchased at local pharmacies.*

*\*Note: Your shoulder will be very swollen. It may take a week or longer for this to go away. It is also common to notice burning around the shoulder as the swelling resolves. If excessive bleeding occurs, please notify Dr. Jazrawi.*

**Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at [www.newyorkortho.com](http://www.newyorkortho.com).**

## Rehabilitation Protocol: Common Peroneal Nerve Decompression

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I (Weeks 0-2)**

- **Weightbearing:** Full weightbearing as tolerated
- **Range of Motion** – AAROM → AROM as tolerated
  - Goal: Immediate full range of motion
- **Therapeutic Exercises**
  - Quad and Hamstring sets
  - Heel slides
  - Co-contractions
  - Isometric adduction and abduction exercises
  - Straight-leg raises
  - Patellar mobilization

**Phase II (Weeks 2-4)**

- **Weightbearing:** Full weightbearing as tolerated
- **Range of Motion** – maintain full ROM – gentle passive stretching at end ranges
- **Therapeutic Exercises**
  - Quadriceps and Hamstring strengthening
  - Lunges
  - Wall-sits
  - Balance exercises – Core work

**Phase III (Weeks 4-6)**

- **Weightbearing:** Full weightbearing as tolerated
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
  - Leg press
  - Hamstring curls
  - Squats
  - Plyometric exercises
  - Endurance work
  - Return to athletic activity as tolerated

**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_