

## **Post-Operative Instructions** **Os Trigonum Excision**

### **Day of Surgery**

- A. Diet as tolerated.
- B. Pain medication as needed every 6 hours.
- C. Icing is important for the first 5-7 days post-op. Ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.
- D. Make sure you have a physical therapy post-op appointment set up for the first week-10 days after surgery.

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

- A. Continue icing
- B. You will need to keep your incision dry when taking a shower. Do this for about 2 weeks after surgery. If you have a splint or half cast (hardshell) leave it dry. No need to do dressing changes until your first follow-up visit at 2 weeks post-op.

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

- A. Continue icing

### **Third Post-Operative Day Until Return Visit**

- A. Continue ice pack as needed.
- B. If you don't have a splint or half cast, you may remove surgical bandage after you shower and apply a waterproof bandage (may be purchased at your local pharmacy) to the wounds. Please ensure that the bandage is large enough to completely cover the incision. Apply a fresh waterproof bandage after each shower. If you have splint you do not need to change anything. Keep extremity dry.

**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: Os Trigonum Excision

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

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

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

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

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

- Posterior slab/splint
- Non-weight bearing with crutches

**PHASE II (Weeks 2-6)**

- Weeks 2-6
  - Aircast walking boot with 2 cm heel lift (wear while sleeping, can remove for bathing/dressing)
  - Weight-bearing as tolerated
  - Can start PT exercises:
    - Initiate active plantar flexion and dorsiflexion to neutral
    - Initiate active inversion/eversion below neutral
    - Hip/knee exercises with no ankle involvement
    - Non-weight bearing fitness exercises
    - Hydrotherapy – within motion and weight-bearing limitation
  - Wean off boot at week 4

**PHASE III (Weeks 6-12)**

- Weeks 6-8
  - Continue weight-bearing as tolerated
  - Exercises:
    - Dorsiflexion stretching
    - Graduated resistance exercises (open and closed kinetic chain)
    - Proprioceptive and gait training
    - Fitness exercises to include WBAT – bicycling, elliptical machine
    - Hydrotherapy
- Weeks 8-12
  - Continue to progress ROM, strength, proprioception

**PHASE IV (12 Weeks – Beyond)**

- Continue to progress ROM, strength, proprioception
- Increase dynamic weight-bearing exercise – plyometric training
- Sport-specific training
- Work to restore strength, power, endurance

**Comments:**

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

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

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

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