

Post-Operative Instructions Peroneus Longus/Brevis Repair

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. Set up your physical therapy appointment for 4 weeks after surgery
- E. **Keep leg elevated above heart**

First Post-Operative Day

- A. Continue icing
- B. You will need to keep your cast/splint dry when taking a shower. Do this for about 4 weeks after surgery.

Second Post-Operative Day until return visit

- A. Continue icing
- B. Leg elevation as much as possible

Ankle Support

- A. Weeks 0-2: posterior slab/splint
- B. Weeks 2-4: short leg cast
- C. Weeks 4-6: Aircast walking boot weightbearing as tolerated
- D. Weeks 6-8: wean off boot

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.

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