

Name _____
 Therapist _____
 Physician _____



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**Patient
Flow Sheet**

Dorsal Cheilectomy

Pt is PWB in post op shoe for days 1-3. FWBing is initiated as pain and swelling allow. Post-op shoe may be DCd at week 4-6. Primary emphasis should be placed on early ROM and obtaining MTP DF of 70 degrees

Phase 1 – Protective Early Motion Phase

Weeks 1-2

Manual STM-scar mobilization, retrograde massage
 Manual Joint mobilizations to MTP -emphasis on superior glide of proximal phalanx on MTP to encourage DF
 AROM/PROM all planes to ankle and MTP
 Intrinsic Muscle Activation (Towel Curls-flexion/extension, Towel Squeeze, Marble pickups)
 Gait Training PWB in post -op shoe with appropriate AD
 Hip and Core strengthening maintaining WBing precautions
 Modalities prn to decrease pain and inflammation

CRITERIA TO PROGRESS: MINIMAL PAIN, MINIMAL SWELLING

Phase 2 – Gait and Endurance

Weeks 3-4

Continue Manual interventions to restore joint mobility and ROM
 End Range Stretching
 Gait Training Activities: Progressive WBing, emphasis on push off from 1st ray
 Weight Shifting (lateral forward backward)
 Initiate Proprioceptive Training (Balance Board, BAPs Board Seated=>Standing, B=>U)
 Initiate progressive CKC activities (Heel Raises Seated=>standing)
 Stationary bike as tolerated

Weeks 4-6

Wean out of post-op shoe into tennis shoe
 Gait Training Activities: Progressive WBing in post-op shoe, emphasis on push off from 1st ray
 Continue progressive ex for endurance and proprioception as above

CRITERIA TO PROGRESS: FULL ROM, NORMALIZED GAIT, SL BALANCE 30 SEC

Phase 3 – Strength

Week 6-8

Progressive Proprioceptive Training (Bilateral=>Unilateral, Static=>Dynamic Stable=>Unstable)
 Progressive CKC Strengthening (Bilateral=>Unilateral, Squat progression Lunge Progression etc)

CRITERIA TO PROGRESS: EXCELLENT DYNAMIC BALANCE ON UNEVEN SURFACES, FULL LE STRENGTH, SL SQUAT x 1 MIN, SYMMETRICAL Y BALANCE

Phase 4 – Return to Sport

Week 8-12

Sport Cord Test Training
 Progressive Running Program
 Progressive Agility Program

CRITERIA TO PROGRESS: RUNS WITH SYMMETRICAL GAIT, PASS SPORT CORD TEST, SYMMETRICAL HOP TESTS

Return to Activities

Running Between 2-3 months when functional criteria met
 Golf 2-3 Months
 Pivoting/cutting sport 3-4 Months

Surgeon Comments: