

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

proaxistherapy™

Peroneal Tendon Repair

Phase 1 – Maximum Protection

Weeks 1-4

NWB in cast x 2 weeks; TTWB in boot x 2-4wks (with tendon dislocation)

Gait Training with appropriate assistive device

Home Program for hip and core ex-maintaining WBing precautions

GOALS: rest, control pain and swelling, ADLs

Phase 2 – Range of Motion

Weeks 4-7

Gait training with progressive WBing in boot

Gentle Active ROM for Dorsiflexion (limit to 15 degrees), plantar flexion

Intrinsic muscle activation (towel curls, marble pickups)

Joint mobilization as needed avoiding any calcaneal inversion or end range dorsiflexion

Initiate Hip and Core strengthening

Week 7 initiate active inversion/eversion ROM exercises

PRECAUTIONS: WBAT in boot

Criteria to Progress: FWB in boot with minimal swelling,

Phase 3 – Progressive Strengthening

Week 8-12

Wean into shoe with ASO strapped firmly into eversion

Gait Training in ASO—use lateral wedge as needed to decrease stress on tendon

Continue Joint mobilization

Begin strengthening-isometrics all planes progress to theraband exercises progress to CKC strengthening

Initiate proprioceptive exercises OCK progressing to CKC-bilateral=>unilateral

Bike

Criteria to Progress: Full AROM, Normalize gait, Good strength throughout, SL balance 30 sec

Phase 4 – Advanced Strengthening

Week 12-16

End ROM stretching

Proprioceptive Training-SL progressing static to dynamic tasks

Progressive CKC strengthening –toe raises, lunges, squats

Run-Walk Program (as early as 10 weeks with normal gait and SL squat endurance 1:30)

Goals: Excellent dynamic balance on uneven surfaces, Full LE strength, Demonstrates proper squat movement patterns, Symmetrical Y balance

Phase 5- Return to Sport

Week 16-24

Progressive Running Program

Sport cord training

Progressive Agility and Plyometric Training

Criteria to Progress: Pass sport cord test, Runs with normal gait, Demonstrates symmetry with functional hop and figure 8 tests

Surgeon Comments: