

Name _____
Therapist _____
Physician _____



**Patient
Flow Sheet**

proaxistherapy™

Turf Toe Repair

*****Cast for two weeks then progressed to boot, non-weight bearing. Patient will begin progressive weight bearing in boot by week 4. Once in regular shoe, graphite plate should be worn in supportive athletic shoes for all activity**

Phase 1 – Tissue Healing/ Maximum protection

Weeks 2-4 Swelling and pain management
Gentle MTP dorsiflexion ROM to 10 degrees
Ankle ROM and strengthening with theraband
Precautions: non-weight bearing, **MTP dorsiflexion to 10 degrees**

Phase 2 – Progressive Weight Bearing

Weeks 4-8 Initiate weight bearing progression in the boot
Initiate non weight bearing intrinsic exercises
Initiate stationary cycling with boot
Continue open chain ankle and LE exercises
Progress to regular shoes with graphite plate at week 8
Precautions: **MTP dorsiflexion to 40 degrees by week 8**

Phase 3 – Strength and Proprioception

Week 8-16 Initiate balance activities stable to unstable surface
Initiate closed chain strengthening activities
Avoid excessive dorsiflexion ROM with CKC activities
Restore 60-80 degrees MTP dorsiflexion by week 12
Criteria to progress to phase 4: **Full painless passive MTP dorsiflexion**, 1 min SL squat without pain, Anterior Y balance within 4 cm opposite side

Phase 4 – Agility, Return to sport

Weeks 16-24 Initiate sport cord activities
Initiate running progression
Continue strength and proprioceptive training
Pass sport cord test
30 repetitions pain free single limb heel raise

Return to Activities

Running Between 5-6 months when functional criteria met
Pivoting/cutting sport 6-7 months with protective plate/taping

Surgeon Comments: