



1ST MTP FUSION/CLAW TOE CORRECTION

REHABILITATION PROTOCOL

REHABILITATION PROGRESSION

The following is a general guideline. Please consult Dr. Syal/Dr. Soswa if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation. Rehabilitation should be individualized according to patient status.

PRECAUTIONS

- Weight bearing on HEEL only for first 7 weeks

PHASE I (WEEK 0-2)

- Non weight bearing
- VenaPro and Iceman machine for pain control, healing and circulation
- gentle ROM of ankle
- Pain medications as required

PHASE 2 (WEEKS 3-7)

- Progress to weight bearing on HEEL in walking shoe
- VenaPro and Iceman machine for pain control, healing and circulation
- Continue ROM exercise of ankle

PHASE 3 (WEEKS 8-FULL RECOVERY)

- Gradual progression to normal walking
- Physiotherapy as needed for strengthening and ROM of lower extremities
- Gradual return to full activities