



BUNION CORRECTION | MIDFOOT FUSION

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

- Non Weight bearing for first 7 weeks
- Early gentle ROM to prevent stiffness and scar tissue

PHASE I (WEEK 0-2)

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

PHASE 2 (WEEKS 3-7)

- Continue non weight bearing
- VenaPro and Iceman machine for pain control, healing and circulation
- Walker boot for protection
- Walker boot off during rest and sleep
- Gradual range of motion of foot and ankle

PHASE 3 (WEEKS 7-FULL RECOVERY)

- Gradual weight bearing, first 2 weeks in walker boot followed by graduation into regular shoe
- Formal physiotherapy for ROM and strengthening of lower extremity
- Gradual return to full activity