

Post-Op Flexible Flatfoot Reconstruction

Phase 1 (0-6 weeks)

- Splint and NWBing for 2 weeks followed by cast for 4 additional weeks
- may do toe flex/extension of toes in cast/splint
- Elevation at or above heart level (no dependent position for >10 minutes for first 2-3 weeks)
- May do hip exercises immediately (hip 4-way exercises)
- May do knee extensions sitting and flexion on stomach (at 2 weeks)

Phase 2 (6-10 weeks)

- Once cleared for weightbearing....begin in CAM boot:
25% for 5 days, then 50% for 5 days, then 75% for 5 days, then 100% in boot at 3 weeks...Once FWBing in CAM boot for 1 week, may D/C CAM boot
- May begin DF/PF/IN/EV AAROM progressing to AROM
- Gently stretching activities may be initiated
- May begin gentle biking with no resistance

Phase 3 (10-16 weeks)

- May begin resisted exercises but caution with combined PF/IN
- Resisted biking
- Treadmill walking
- Balance/Proprioception activities
- Endurance exercises