

Weeks 0-1

Postoperative splint

Non-weight bearing with crutch use

Weeks 1-4

- Weight bearing as tolerated in post-operative shoe. Wear post-op shoe with ambulation, remove at night.
 - Do not ambulate barefoot
- Gentle range of motion of great toe, heel raises, and toe pulls.
- Maintain ROM and strength of ankle, lower extremity

Weeks 4-12

- Transition to regular shoe with a wide toe box
 - Do not ambulate barefoot
- Continue home exercise program to include great toe range of motion
- Slowly progress low impact activity like walking

Months 3-6

- Continue progress activity as tolerated.
- Continue home exercise program
- Shoe wear should accommodate for lingering swelling.
 - Do not ambulate barefoot