



Orthotic Progression

Days 0-7 post-op splint in 10-20 degrees Plantarflexion

- Isometric and open chain activity for quadriceps, glutes, hamstrings

Week 1-4 : NWB in Boot

- Start Passive ROM but avoid excessive Dorsiflexion of the great toe
- Continue open chain strengthening
- PROM and AROM of ankle week

Week 5-6: progressive WBAT in boot

- Gait training as tolerated
- Closed-chain LE strength
- AROM of MTPs
- Toe yoga
- 4 way ankle with resistance

Week 6: carbon insert

- All activities should be performed with carbon insert
- Continue progressive resisted activities
- Proprioception

Week 16: wean out of carbon insert

- Slowly incorporate 1st MTP extension and sport-specific activities

Return to run program

1. 12 weeks post-op, unless cleared by Dr. Vopat
2. 5/5 strength in all planes

Return to Sport Eligibility

1. 50° - 60° painless passive Dorsiflexion
2. 12-16 weeks post-up, unless cleared by Dr. Vopat

Return to Sport Activity

Incline Walking - at least 3% grade

Reverse Lunges and lunge lift-offs

Triple Extension

Sled-pushes

POGOs

Heel raise progression

- DL concentrics, DL eccentrics
- SL concentrics, SL eccentrics

Advanced proprioception activities

Plyometric and jumping – sports specific