

Christopher P. Miller, MD
Brianna Whitehouse, PA-C
617-667-3940

FDL Tendon Transfer Flatfoot Accelerated Rehab Protocol

There is no substitute for common sense.

If you feel you are progressing to quickly or are having pain or any concern with an activity please stop, rest and try to advance again after a couple of days. Call my office if you have any concerns.

<i>Time Frame</i>	<i>Activity</i>
0-2 weeks	Non weight bearing in splint (on at all times).
2-4 weeks	Change spint for CAM boot. WBAT in boot with wedge, begin PT. Avoid eversion past neutral.
4-6 weeks	AROM/AAROM for inversion, no resistance for inversion. No eversion past neutral. In line ankle ROM is OK. Remove wedges from boot.
6-8 weeks	Transition to PTTD Brace with shoe. Weight bearing as tolerated. PT for AROM/AAROM. Begin inversion with therabands NO SINGLE HEEL RISE UNTIL 3-4 MONTHS
8-10 weeks	Standing balance excercises with 25% weight on good foot for balance Gentle forward lunges
10-12 weeks	Begin leg presses on weight machine (ie. Total gym) with bilateral squats and double heel rises with the plane of the bench at 30 deg elevation from supine and gradually increase incline until week 12-14
>12 weeks	Wean from brace to regular shoe with arch supporting orthotic. OK to begin attempting single heel rise after 3 months.

Beth Israel Deaconess Medical Center Foot and Ankle

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