



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
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POSTERIOR TIBIAL TENDON RECONSTRUCTION (FDL Transfer and Calcaneal Osteotomy)

Revised August 2008

Post-op Days 1 – 28

Immobilized in equinus and varus
Crutches – non weight bearing (NWB)
Active range of motion (AROM) hip and knee
Wiggle toes
Straight leg raises (SLR) x 4 directions
Short arc quad (SAQ)
Upper body exercises (seated or bench only – no pushups)
LE stretches – Hamstring, quads, ITB, hip flexors
Elevation

Goals

Pain management
Prevent swelling

Weeks 4 – 8

Short leg walking cast SLWC – Positioned more plantigrade
Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal
Continue appropriate previous exercises
Isometrics x 4 directions

Goal – Minimize atrophy

Weeks 8 – 10

Cam walker – full weight bearing (FWB)
Continue appropriate previous exercises
Scar massage/mobilization with oil/cream
Ankle AROM – Calf pumping, alphabet, rotations
Light Theraband ex x 4
Towel crunches and side-to-side
Steamboats (Theraband x 4 while standing on involved LE) in cam walker
Mini-squats, Wall squats, Total gym
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Proprioception ex – Double leg BAPS
Gastroc/Soleus stretching

Goals

Full DF / PF
No adhesions

Weeks 10 – 16

Transition from cam walker to ankle brace
Continue appropriate previous and following exercises without brace
Strengthening ex, emphasize medial ankle mm
– Theraband with increasing resistance
– Elgin
Double leg heel raises – emphasize involved side
Leg press, knee ext, Hamstring curl, hip weight machines
Forward, retro and lateral step downs
Proprioception ex – single leg BAPS, ball toss, body blade
Stationary bike
Pool therapy

Goals

Normal gait
Symmetrical ROM

Months 4 – 6

Continue ankle brace and appropriate previous exercises
Single leg heel raises
Fitter, slide board
Treadmill – Walking progression program
Elliptical trainer
Stairmaster

Goals

Normal strength
Walk 2 miles at 15 min/mile pace

Months 6 – 9

D/C brace
Continue appropriate previous exercises
Pushup progression
Sit-up progression
Treadmill – Running progression program
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Agility drills / Plyometrics
Transition to home / gym program

Goals

Return to all activities
Pass APFT at 9 months post-op

No contact sports until 9 months post-op

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