

Osteotomy

Metatarsal, Calcaneus

Precautions: NWB to 6 weeks; unlimited WB at 10 weeks

PHASE III (4 weeks – 10 weeks)

Week 6:

- Start Physical Therapy
- Wound Care:
 - Continue scar management techniques
- Modalities:
 - PRN for pain and swelling
- Gait: NWB until week 6
 - Gradually progress WBAT in normal footwear as tolerated by week 10
- ROM:
 - Begin gentle A/PROM all planes
- Strengthening:
 - Begin strengthening in NWB and advance to FWB closed-chain strengthening by week 10
- Balance/Proprioceptive Activities:
 - Begin double leg balance activities and progress to single leg balance by week 8

PHASE IV (10+ weeks)

Week 10:

- ROM:
 - Normalize A/PROM all planes for gait and functional tasks
- Strengthening:
 - Advance as tolerated for gait and functional tasks
- Balance/Proprioceptive Activities:
 - Progress single leg balance and proprioceptive challenges



Week 16:

- Return to full running, jumping, agility drills, plyometrics, sport-specific activities, per physician restrictions

Adapted From:

- 1) Consultation with Dr. Kelly John, DPM, MHA, at OrthoIllinois
- 2) Consultation with Dr. William Bush, DPM, MHA at OrthoIllinois
- 3) Consultation with Dr. Giovanni Incandela, DPM at OrthoIllinois

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