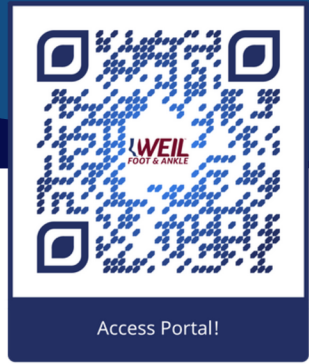


Peroneal Tendon Repair



General Information:

- This protocol provides you with general guidelines after surgery.
- Specific changes in the program will be made by your physician as appropriate for each individual patient.
- Everyone heals at a different rate. It may take up to 12 months to make a full recovery, and it is not unusual to have intermittent aches, pains, and swelling throughout the course of your rehabilitation process.

Instructions For Patients

- **0-2 weeks Postoperatively**
 - Strict non-weightbearing in a short leg splint.
- **2-4 weeks Postoperatively**
 - Non-weightbearing in CAM boot.
 - Wear the boot while sleeping.
- **4-8 weeks Postoperatively**
 - Weightbearing as tolerated in CAM boot.
 - Remove the boot while sleeping.
 - Begin physical therapy.
- **8-12 weeks Postoperatively**
 - Transition to a lace-up ankle brace with supportive athletic shoes and custom orthotics.
- **Exercise**
 - Non-weightbearing exercising at 2 weeks post-op.
 - Gentle transition into weightbearing exercising once transitioned into regular shoe gear.
 - Gentle running and higher impact activities at 16 weeks post-op.
 - Use a lace-up ankle brace for uneven surfaces for 6-12 months following your surgery.

Please note: The complexity of peroneal tendon repair is variable from patient to patient. When surgery is accompanied by additional surgery such as ankle arthroscopy, repair of osteochondral lesion, lateral ankle stabilization, or corrective osteotomies, recovery may be quite prolonged with extended swelling. In the revision situation, this may be even further magnified. Please discuss individual recovery with your surgeon for realistic expectations.



Dr. Jonathan Hook