



Posterior Tibialis Tendon Reconstruction with FDL Transfer  
 Medial Displacement Calcaneal Osteotomy (MDCO)  
 Dr. Vincent Vacketta  
 Midwest Orthopaedic Center — Peoria, IL

	<b>WEIGHT BEARING</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>Phase 1a:</b> <b>0-1 weeks</b> <b>Post-op</b>	NWB PO Splint; Crutches, walker, scooter	Ankle - none;  AROM of Hip/knee	Quad sets, glute sets
<b>Phase 1b:</b> <b>1-4 weeks</b> <b>Post-op</b>	NWB CAST; Crutches, walker, scooter	Ankle - none;  AROM of Hip/knee	Quad sets, glute sets, 4-way SLR
<b>Phase 2:</b> <b>4-12 weeks</b> <b>Post-op</b>	NWB in boot until week 8  Begin 50% WB progressions at week 8  FWB in boot by week 10  Use something for contralateral leg-leveling for gait.  Remove boot for sleep, hygiene, and therapy	Ankle AROM as tolerated  Focus on inversion, supination and flexion of toes	<b>Formal therapy to begin when patient transitions to boot</b>  Week 6: Pain-free Ankle AROM, ankle submaximal isometrics, ((EMPHASIZE <i>INVERSION</i> WITH CUEING “CURL TOES DOWN and IN”)) intrinsics strengthening, arch doming, toe ROM.  Week 7: Patient may initiate aquatic therapy if incision is healed (or protect incision with Tegaderm) at 50% WB  Week 8: progress to theraband strengthening, Seated heel raises, seated heel slides; Intrinsic strengthening, arch doming; Core strengthening; talocrural and foot joint mobilizations; gentle scar tissue mobilization, gentle calf STM, Leg press in boot.
<b>Phase 3:</b> <b>12-20 weeks</b> <b>post-op</b>	D/C Boot; WBAT in shoes  Continue using assistive device as needed	Full AROM	Continue phase 2 exs. and Emphasize <i>inversion</i> and <i>supination</i> strengthening Transition all therapy to land Add balance, proprioception, dynamic stabilization drills
<b>Phase 4:</b> <b>16-24 weeks</b> <b>post-op</b>	FWB <b>*Custom orthotics to be ordered from CPO once all swelling has resolved*</b>	Full AROM	Focus on functional rehab for patient’s specific needs

Please send PT progress notes prior to each MD appt.  
 This protocol is not a substitute for clinical decision making of the health care professional.  
 Please see PT referral for any specific post op instructions.  
 Call 309-689-7007 for rehab questions; Call 309-691-1400 x2268 for nursing questions