



## Plantar Plate Repair Protocol

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This protocol provides a general guideline for recovery and progression of rehabilitation according to specified time frames. Specific changes in the program will be made by the physician as appropriate for the individual patient. It may take up to a year to make full recovery, and it is not unusual to have intermittent pains and aches during that time.

**\*\*\*Please fax initial assessment and subsequent progress notes directly to Dr. Holthusen at (952) 442-2029.**

### Phase 1: 0-2 Weeks

#### Goals

- Non weight bearing in splint or CAM boot
- Rest and recovery from surgery
- Control swelling and pain with elevation and activity modification
- Gradual increase in activities of daily living (ADL) as symptoms improve

#### Guidelines

- Exercises for HEP:
  - Gentle isometrics in cast, AROM hip, knee, UE exercises.
- Education: surgery, anatomy, healing time, rehab phases

\*2-week PA appointment

### Phase 2: 3-4 Weeks

#### Goals

- Continue swelling and pain control with elevation and activity modification

#### Guidelines

- Continue Non weight bearing for next 2 weeks.
  - May temporarily weight bear on heel for transfers
- Begin AROM of ankle but no flexion or extension of forefoot

### Phase 3: 5-8 Weeks

#### Goals

- Edema control (may need support stockings), scar mobilization, desensitization.

## **Guidelines**

- Gait Training in CAM boot at 4 weeks post op
  - Gradual progression from NWB to full weight bearing over approx. 4-6 weeks.
  - Typically start at 20 lbs WB, add 20 lbs every 3-4 days until weaned off assistive device.

\*6-week MD appointment and 6 week orthotist appointment for shoe insert

## **Phase 4: 9-12 Weeks**

### **Goals**

- When comfortably FWB, wean gradually out of CAM boot into a shoe with insert/plate.
- Maximize quality of gait. Advanced balance, proprioceptive work.

### **Guidelines**

- Jumping/high impact activities not recommended.
- Begin active ROM exercises for foot

\*12 Week MD appointment

## **Phase 5: 13+ Weeks**

### **Goals**

- Functional assessment e.g. single leg stance balance and reach, step ups, heel raises.
- Resume jumping/high impact activities