

## **Turf Toe Post-op Rehabilitation Protocol**

This protocol provides you with general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. Specific changes in the program will be made by the physician as appropriate for the individual patient.

**REMEMBER:** It can take up to a year to make a full recovery, and it is not unusual to have intermittent pains and aches during that time!

### **Phase I: Weeks 1-6**

#### **Goals**

- Rest and recovery from surgery. Formal rehab begins after 6 week post op appointment
- Protect repair. Wear a stiff-soled shoe at all times. Avoid dorsi-flexion beyond 15 degrees
- Control swelling and pain
- Gradual increase of ADL (activities of daily living)

#### **Treatment**

- Toe Spica splint
- CAM Boot/Post op shoe
- Crutches
- Sutures removed at 10 -14 days

### **Phase II: Weeks 7-9**

#### **Goals**

- Regain ROM slowly. Avoid aggressive dorsiflexion activities. Don't DF more than 45 degrees.
- Decrease pain, control swelling and inflammation

#### **Treatment**

- Ice, E-stim, Aquatic exercise
- Toe/foot taping
- WB as tolerated

### **Phase III: Weeks 10-12**

#### **Goals**

- Increase WB and normal gait
- Increase core, hip, and knee Strength

#### **Treatment**

- Modalities prn
- Taping, Carbon shank
- Ankle and MTPJ mobilizations

### **Phase IV: Weeks 12-20**

#### **Goals**

- Increase strength, proprioception, balance
- Improve endurance/conditioning

#### **Treatment**

- Custom footwear
- Aqua and treadmill jogging/running
- Single leg exercises
- Circuit training/conditioning

#### **For sports in cleats**

- Remove the stud from your cleats right under the great toe joint.
- Either use a graphite insert in the shoes, or find cleats that do not bend more than 57 degrees through the forefoot

This post-operative protocol was developed and authorized for use by J. Chris Coetzee, MD and Larry Nilsson, PA-C.

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