

Rehabilitation Protocol: Os Trigonum Excision

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

- PHASE I (Weeks 0-2)**
- Posterior slab/splint
 - Non-weight bearing with crutches
- PHASE II (Weeks 2-6)**
- **Weeks 2-6**
 - Aircast walking boot with 2 cm heel lift (wear while sleeping, can remove for bathing/dressing)
 - Weight-bearing as tolerated
 - Can start PT exercises:
 - Initiate active plantar flexion and dorsiflexion to neutral
 - Initiate active inversion/eversion below neutral
 - Hip/knee exercises with no ankle involvement
 - Non-weight bearing fitness exercises
 - Hydrotherapy – within motion and weight-bearing limitation
 - Wean off boot at week 4
- PHASE III (Weeks 6-12)**
- **Weeks 6-8**
 - Continue weight-bearing as tolerated
 - Exercises:
 - Dorsiflexion stretching
 - Graduated resistance exercises (open and closed kinetic chain)
 - Proprioceptive and gait training
 - Fitness exercises to include WBAT – bicycling, elliptical machine
 - Hydrotherapy
 - **Weeks 8-12**
 - Continue to progress ROM, strength, proprioception
- PHASE IV (12 Weeks - Beyond)**
- Continue to progress ROM, strength, proprioception
 - Increase dynamic weight-bearing exercise – plyometric training
 - Sport-specific training
 - Work to restore strength, power, endurance

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____