

WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	WEEKS 7-8	WEEK 9+
<p>NWB in splint, then CAM boot</p> <p>Heel Slides Quadricep Sets Hip and Knee Open chain strengthening</p> <p>Initiate PT, 1-2x/week for edema, decongestive massage, pain control and exercise.</p> <p>Physical therapy is initiated early to encourage blood flow, promote healing, decrease swelling and pain and provide a steady progress of exercise, gait and balance.</p> <p>Compressive stocking to be used for significant swelling as needed.</p>	<p>25 % WB in CAM boot *unless specified by MD*</p> <p>Edema and pain control</p> <p>AROM: dorsiflexion plantarflexion inversion eversion toe curls great toe flexion/extension avoiding stressing the metatarsal</p> <p>Gentle MTP joint mobilizations **Must stabilize the first ray, midfoot with any movement distally**</p> <p>Bike: no resistance, flat foot</p> <p>Seated, partial WB: BAPS board Toe and heel raises</p> <p>After stitches are removed, start gentle scar mobilization.</p>	<p>WBAT in CAM *unless specified by MD*</p> <p>Continue with edema control</p> <p>Scar mobilization</p> <p>Continue big toe mobility, ankle MTP joint mobilizations as needed. Stabilize as needed</p> <p>Ankle isometrics: Ev, DF, PF</p> <p>Total Gym, double leg, low level or double leg press low resistance</p> <p>BAPS-standing</p> <p>Pt may ambulate in PT clinic without shoes and be supervised for weight shifts and great toe floor contact.</p> <p>Progress hip, knee strengthening as needed.</p>	<p>Pt advanced out of CAM as indicated by MD. Stiff soled shoe recommended.</p> <p>Resistive tubing and manual resistance for ankle: Ev, DF, PF</p> <p>Squats or Wall sits-double leg</p> <p>Double leg balance and proprioception</p> <p>Double leg standing heel raises</p> <p>Gait training and gait related activities(marching, sidestepping) with great toe floor contact.</p>	<p>Lateral and front step-ups</p> <p>Single leg stance</p> <p>Inversion related tasks as needed</p> <p>Address functional activity demands.</p> <p>Agility as indicated</p> <p>Elliptical</p> <p>**Treadmill and running with MD clearance only**</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p>		<p>Please note: This procedure corrects a bunionectomy from the proximal side and the midfoot needs to be protected.</p>		