

# Loose Body Removal

**Damien Richardson, MD, MPH, FAAOS**

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: WEEK 0-4

### Goals

- Control pain and swelling
- ADL (activities of daily living)

### Guidelines

- NWB(non weight-bearing) in splint 0-2 weeks
- Sutures removed 14 days
- Weight-bearing as tolerated in CAM boot 2-4 weeks
- 2-4 weeks start AROM in all directions foot and ankle
- Elevate to control swelling
- AROM hip and knee
- ADL

## PHASE II: WEEK 4-6

### Goals

- Full ROM (range of motion)
- Normal gait
- Wean from CAM boot

### Guidelines

- Wean from CAM boot with pain, swelling, balance as guidance
- AROM (active range of motion) in all directions: ankle, subtalar, foot intrinsics

- Massage for edema
- Strengthening
  - Ankle
    - Theraband resisted training in all directions
    - Progress to WB exercises as tolerated
    - Toe raises
    - Inversion/eversion on wobble board or fitter
  - Hip – Against resistance in standing
  - Knee – Wall sits, squats as tolerated
  - Core
    - Activate abdominals
    - Bridging
    - Standing: upper extremity diagonals
    - Use core when on wobble board
- Gait retraining
- Manual mobilization if required

### PHASE III: WEEK 6-10

#### Goals

- Full strength and endurance
- Good proprioception

#### Guidelines

- Advance from low impact to higher impact activity
- Proprioception retraining
- Dynamic training once weaned out of boot:
  - Hopping
  - Skipping
  - Running
- Progress to plyometrics

### PHASE IV: WEEK 10 +

#### Goals

- Return to work +/- activity

#### Guidelines

- Full activity as tolerated
- Work or sport specific retraining