

Turf Toe Post-Op Rehabilitation Protocol

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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: Most foot and ankle surgery typically takes 6-9 months to recover and up to a full year to be your best!

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

- NWB with crutches and toe Spica splint 0-2 weeks
- Sutures removed at 14 days
- CAM Boot 2-6 weeks with heel weightbearing
- Gentle active range of motion of great toe below 15 degrees dorsi-flexion

PHASE II: WEEKS 7-9

Goals

- WBAT in boot and wean from boot to post-op shoe
- Regain ROM slowly. Avoid aggressive dorsiflexion activities. Don't DF more than 30 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 wearn from post op shoe to regular shoe 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