

Tenotomy Rehabilitation Protocol

PHASE	LENGTH OF TIME	RESTRICTIONS	REHABILITATION
Phase Ia Tissue protection	Days 0-3	<ul style="list-style-type: none"> Use crutches with NO weight on foot Avoid NSAIDS Boot at all times 	<ul style="list-style-type: none"> Relative rest Elevation if swollen May take pain medication as needed
Phase Ib Tissue protection	Days 4-7	<ul style="list-style-type: none"> May start putting weight on foot in boot using two crutches Boot at all times 	<ul style="list-style-type: none"> Relative rest Remove the dressing and wash with soap and water daily Elevation and ice if painful/swollen May take pain medication as needed
Phase Ic Tissue protection	Days 8-14	<ul style="list-style-type: none"> May walk in boot with one crutch or no crutch as tolerated Boot at all times 	<ul style="list-style-type: none"> Relative rest Elevation and ice if painful/swollen May take Tylenol or Advil as needed for pain
Phase II START PHYSICAL THERAPY Early Tissue healing; facilitation of collagen deposition	Weeks 3-4	<ul style="list-style-type: none"> May stop using crutches if tolerated and start the boot wean program but still sleep in the boot Avoid eccentric exercises 	<ul style="list-style-type: none"> Progress weight bearing activities and start boot wean protocol Start low impact aerobic exercise (i.e. stationary bike) Provide motion to area treated with gentle stretching Begin treatment on kinetic chain starting with hip and knee and then progressing to the ankle and foot May take Advil as needed for pain
	Weeks 5-6	<ul style="list-style-type: none"> Patient should be done with crutches and boot at this time Avoid eccentric exercises Avoid walking in barefeet → Use Hoka shoes 	<ul style="list-style-type: none"> Low weight, high repetition concentric strengthening (pain scale <3/10) with open kinetic chain exercises Gentle soft tissue work to area May take Advil as needed for pain
Phase III Collagen strengthening	Weeks 6- 12	<ul style="list-style-type: none"> Avoid Ice Use heating pad if there is still pain Use Hoka shoes 	<ul style="list-style-type: none"> May treat with CFM, IASTM, and “Dynamic” stretching Ankle and foot concentric and eccentric exercises as long as pain scale less than 3/10 <ul style="list-style-type: none"> - 2-3 sets of 15 repetitions Closed kinetic chain exercises
	Months 3+	Reassess improvement . If not > 75 % improved consider cortisone injection or repeat procedure and return to Phase I.	<ul style="list-style-type: none"> Progress back to functional sport specific activities with increasing load on area treated as pain allows. ‘Max out’ on Eccentric Exercises May return to sport if pain <3/10