Post-Operative Protocol
Peroneal Tendon Repair

Please note these are general guidelines and may change for various reasons on a case-by-case basis.

Please use extreme caution when using assistive devices such as crutches, walker or roll-a-bout. You can fall and injure something else!

If at any time after surgery you notice increasing pain, redness, drainage from the incision, fevers or chills, please contact Dr. Kestner’s office (843) 572–2663

Do not use tobacco products!! It greatly reduces healing and increases the risk of complications.

Week 0–2 (Phase 0)

–Weight bearing: No weight bearing. Use crutches/walker/Roll-A-Bout as necessary.
–Dressing/wound care: Keep splint on at all times
–Activity: straight leg raises, toe curls.
Week 2–6 (phase 1: gentle range-of-motion)

- Weight bearing: May begin very mild partial weight bearing with assistance of crutches/walker only while using CAM boot. You should wear the CAM boot at all times including while sleeping. May advance to weight bearing as tolerated week 4 as long as you can walk without pain. Continue to use at least one crutch, however, for support.

- Wound care: You may get wet very briefly to wash. Keep clean and dry. Report any increasing redness or drainage. You may start gentle massage to skin around the incision starting week 4.

- Activity: Straight leg lift, standing hamstring curl. No ankle motion until week 4, then may begin gentle ankle flexion-extension only, no inversion/eversion.
Week 6–10 (phase 2: initiate strengthening)

Weight bearing: Ween CAM boot, weight bearing as tolerated in lace-up brace.

Wound care: Continue daily gentle massage to incision site and surrounding skin and tissue. Call if any increasing redness or drainage.

Activity: Full ankle range of motion including inversion and eversion. May begin stationary bike and elliptical with the lace-up brace.
Week 10–16 (phase 3: advanced strengthening)

Weight bearing: May begin to ween the lace-up brace as strength returns.

Wound care: Continue daily gentle massage to incision site and surrounding skin and tissue. Call if any increasing redness or drainage.

Activity: Begin more advanced strengthening and proprioception. May return to impact activities (running) week 10.

Week 16+ (phase 4: return to sport)

Weight bearing: full weight bearing in regular shoe.


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