

POSTOPERATIVE PROTOCOL Nerve Translocation

Weightbearing in CAM boot for the first 4 weeks. Rehabilitation starts at the 4th week to work on range of motion of the foot and scar mobility.

First postoperative visit is 4-5 days after surgery

- Incision check with steri-strip replacement
- CLASS 4 LASER Treatments start (4 treatments every 4 days)
- Redress the foot with new dressings to be left on until 2nd post-operative visit
- Reapplication of the CAM boot for protection
- Keep dressings clean with shower cover
- Range of motion exercises to be done at home (50 times twice to three times daily)

Second postoperative visit 3 weeks after surgery

- Sutures removed by Athletic Trainer
- May get surgical site wet. DO NOT SCRUB THE AREA. Gentle washing with soap and water.
- Steri-strips reapplied will fall off in one to two weeks. No need to replace, unless there are signs of wound separation. CALL THE OFFICE, if there are signs of infection.

Third postoperative visit 4 weeks after surgery

- X-rays taken to assess bone healing
- Allowed to weight-bear with surgical shoe to tolerance. Revert back to Gait Assistance as needed for the first week.
- Rehabilitation with formal Physical Therapy including strength, range of motion, scar mobilization, gait retraining

Fourth postoperative visit 8 weeks after surgery

- Post Physical Therapy recheck
- Begin transition to gym shoe to tolerance
- Continue Physical Therapy protocols

***Swimming and Recumbent Cycling allowed at 6th to 8th week; no flip turns**

***Can use AlterG™ treadmill starting at 50% bodyweight for bilateral to unilateral strengthening, progressing up to 85%**

Return to daily activity around 8-10 weeks

Return to weight bearing sports activities 12-14 weeks

Driving allowed at 4th postoperative week (Remove surgical shoe if on right foot/ankle)