

## POSTOPERATIVE PROTOCOL Plantar Plate Repair

### Total 6 weeks of immobilization

- Non-weight-bearing in boot x 3 weeks with the use of Gait Assistance
  - Leg Caddy/Leg Scooter
  - Walker (Four Point)
  - Crutches
  - iWalk
- Weightbearing in CAM boot at 3 weeks until the 6<sup>th</sup> week.

### First postoperative visit is 4-5 days after surgery

- Incision check with steri-strip replacement
- Xrays taken to assess the positioning of the corrected deformity
- Redress the foot with new dressings to be left on until 2<sup>nd</sup> post-operative visit
- Reapplication of the CAM boot for protection
- Keep dressings clean with shower cover

### 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.
- Allowed to weight-bear with CAM boot to tolerance. Revert back to Gait Assistance as needed for the first week.

### Third postoperative visit 4 weeks after surgery

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

**\*Swimming and Recumbent Cycling allowed at 6<sup>th</sup> to 8<sup>th</sup> 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 12 weeks

Return to weight bearing sports activities 16-18 weeks

Driving allowed at 8th postoperative week (Remove boot if on right foot/ankle)