

POSTOPERATIVE PROTOCOL

Tenex Microdebridement with Amnio Implantation

Total 2 weeks of immobilization

- Weight-bearing in boot x 2 weeks
- May cross train with stationary bike with heel on the pedal

Steri-strips and waterproof bandage should keep wound protected until first postoperative visit.

Incision check at first postoperative visit at 4-5 days.

- 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.

***Swimming allowed at 3rd week; no flip turns**

Physical therapy (6 – 8+ sessions) starts at 6th postoperative week

- Progressive strengthening: double legged heel raises, progress to single-legged heel raises from 8-10 wks
- Can use AlterG™ treadmill starting at 50% bodyweight for bilateral to unilateral strengthening, progressing up to 85%
- **Note:** No stretching nor eccentric strengthening for 3-6 months (need concentric first!)

Return to daily activity around 8-10 weeks

Return to weight bearing sports activities 14-18 weeks

Driving allowed at 2nd postoperative week (Remove boot if on right foot/ankle)