

## Rehabilitation Protocol: Os Trigonum Excision

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

- PHASE I (Weeks 0-2)**
- Posterior slab/splint
  - Non-weight bearing with crutches
- PHASE II (Weeks 2-6)**
- Weeks 2-6
    - Aircast walking boot with 2 cm heel lift (wear while sleeping, can remove for bathing/dressing)
    - Weight-bearing as tolerated
    - Can start PT exercises:
      - Initiate active plantar flexion and dorsiflexion to neutral
      - Initiate active inversion/eversion below neutral
      - Hip/knee exercises with no ankle involvement
      - Non-weight bearing fitness exercises
      - Hydrotherapy – within motion and weight-bearing limitation
    - Wean off boot at week 4
- PHASE III (Weeks 6-12)**
- Weeks 6-8
    - Continue weight-bearing as tolerated
    - Exercises:
      - Dorsiflexion stretching
      - Graduated resistance exercises (open and closed kinetic chain)
      - Proprioceptive and gait training
      - Fitness exercises to include WBAT – bicycling, elliptical machine
      - Hydrotherapy
  - Weeks 8-12
    - Continue to progress ROM, strength, proprioception
- PHASE IV (12 Weeks - Beyond)**
- Continue to progress ROM, strength, proprioception
  - Increase dynamic weight-bearing exercise – plyometric training
  - Sport-specific training
  - Work to restore strength, power, endurance

**Comments:**

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_