

## Rehab Protocol *Extensor Hallucis Longus (Great Toe) Tendon Repair*

### General Treatment Guidelines

- The goal of these guidelines is to protect the tendon repair while minimizing the potential for great toe stiffness.
- For the first two weeks after surgery the patient will be non weight bearing in a short leg splint (soft cast) to reduce swelling and allow the incision to heal.
- The patient is then allowed to weight bear in a boot for the following 4 weeks.

### Week 2

- Splint and sutures are removed in Dr. Dekker's office and the patient is transitioned to a walking boot.
- Weightbearing is progressed as tolerated in the boot.

### Week 3

- Physical therapy is initiated.
- Initiate gentle unresisted ACTIVE flexion and PASSIVE extension exercises of the first metatarsophalangeal (great toe) joint with the ankle in neutral position to reduce the risk of adhesions and joint stiffness. [Please avoid PASSIVE flexion and ACTIVE extension, which will endanger the repair].
- Initiate Intrinsic musculature exercises.
- Initiate upper body and core strengthening to prevent deconditioning.

### Week 5

- Introduce gentle unresisted ACTIVE great toe extension.

### Week 6

- Wean out of boot into a supportive pair of athletic sneakers.
- May introduce light resistance ACTIVE great toe extension.

### Week 12

- Progressive return to sport.
- No restrictions in shoe wear.