



Postoperative Protocol *Posterior Tibial Tendon Repair*

General Treatment Facts

- The goal of this surgery is to return you to full strength and stability in the shortest amount of time.
- This surgery will repair and re-enforce the ruptured tendon with a tendon transfer. A heel bone cut will re-align your foot. Additional procedures may be added to this surgery depending on the severity of your flat foot.
- You will not be allowed to bear weight on the foot for 6 weeks after surgery. If you have surgery on your right foot, you will not be able to drive for 6 weeks after surgery.
- You will be in a plaster splint for the first 2 weeks after surgery. Afterward, you will be placed in a boot.

Post Surgery Course

Day 1

- The foot will be wrapped in a plaster splint with lots of padding and an elastic bandage. If for any reason your splint is uncomfortable or too tight, remove the ace wrap, loosen the padding, and re-apply to your comfort level.
- It is important to ice and elevate the foot, take pain medication, and rest as needed.
- Do not get the foot or splint wet.
- Do not bear any weight on the operated foot.

Day 4

- Your pain should be better after the 3rd day. If your pain has worsened after day 3 or you have a fever and/or chills, please call the office.
- Wiggle toes in splint as tolerated.

2 weeks (approximately)

- First post-operative visit.
- Your splint will be taken off and your sutures will be removed.
- You will be placed in a boot, but will remain non-weightbearing with the use of crutches, a Roll-A-Bout knee scooter, or wheelchair as needed.
- If the incision is healing well, you may begin to get the foot wet in the shower 2-3 days after your post-operative visit.

6 Weeks

- Progress weight bearing in the boot to full weight bearing as tolerated. Add 20 lbs every other day as tolerated until you are full weight bearing.
- Wean off of crutches as tolerated.
- Start physical therapy (may vary).

3 months

- Wean out of the boot into a supportive tennis shoe.
- Increase activity as tolerated.