



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.
- You will be unable to bear weight on the operated ankle for 6 weeks. If you have surgery on your right ankle, you will not be able to drive for 6 weeks after surgery.
- You will be in a plaster splint for the first 10-14 days after surgery. Afterward, you will be placed in a boot but will still need to be non-weightbearing with the use of crutches, a Roll-A-Bout scooter, or wheelchair for at least 6 weeks.

Post Surgery Course

Day 1

- The foot will be wrapped in a plaster splint with lots of padding and a removable 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.
- Expect numbness in the foot for 4-12 hours and then anticipate the onset of pain.
- Do not get the foot or splint wet.
- Do not bear any weight on the operated foot.

Day 4

- 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 and move foot around in splint as tolerated.

Day 14 (approximately)

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

6 Weeks

- You may begin weightbearing in the boot. Add 20 lbs every other day as tolerated until you are full weightbearing.
- Wean off of crutches or Roll-A-Bout knee scooter as tolerated.

12 Weeks

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