

Post Surgery Instructions *Peroneal Tendon Surgery*

General Facts

- The goal of this surgery is to alleviate pain and return you to full strength in the shortest amount of time.
- This surgery will involve removing scar tissue and/or repairing torn or partially torn peroneal tendons. It may also involve deepening the bony groove in which the tendons glide.
- You will NOT be allowed to weight bear on the ankle for 2 weeks after surgery.
- Active participation in physical therapy is critical to a successful surgical outcome.
- Cutting sports (racquetball, soccer, tennis, etc.), ballistic movements, or strenuous running will be allowed for 4 months.
- This document is intended to serve as a general overview of the recovery process. For a detailed post-operative physical therapy protocol, please visit RobertDekkerMD.com > For Patients > Rehab Protocols > Peroneal Tendon Debridement or Repair.

Post Surgery Course

Day 1

- The ankle will be wrapped in a soft cast with lots of padding. If your splint feels uncomfortable or too tight, you may loosen the ace wrap and padding, and re-apply to your comfort level.
- It is important to ice and elevate the ankle, take pain medication and rest as needed.
- No weight bearing is allowed on the operative ankle.
- The splint must stay dry.

Day 4

- Pain should improve after the 3rd day. If your pain has worsened since day 3 or you have a fever/chills, please notify our office.
- Wiggle toes in splint as tolerated.
- Work the knee, hip, and upper extremities.

2 Weeks (approximately)

- First post-operative visit.
- Your soft cast will be taken off and your sutures will be removed.
- Partial weight bearing in the boot is allowed. Crutches or a walker should be used to offload the ankle.
- Please keep the incision covered and dry for 7 days after suture removal.

4 Weeks

- Full weight bearing in the boot is allowed.

- Physical therapy is started (may vary patient to patient).

6 Weeks

- Wean from the boot.
- You may be given a lace up ankle brace to wear during long periods of walking and exercise, depending on your specific surgery.

3 Months

- Treadmill running allowed.

4 Months

- Cutting activities introduced.