**Deltoid ligament reconstruction/flatfoot**

**Cast or Splint Post-Operative x 6 weeks with progress to walking boot**

**Non-weight bearing x 6 weeks**

**Phase 1 – Maximum Protection**

**Weeks 3-6** Swelling and edema management

Initiate open chain range of motion exercises (ankle pumps, alphabet)

Initiate intrinsic exercises (marble pick-ups, towel scrunch)

Initiate open chain hip and knee exercises (leg raises, SAQ)

Avoid excessive eversion or dorsiflexion stretching

GOALS: independent ADL’s, swelling management, adherence to weight bearing precautions

**Phase 2 – Progressive Weight Bearing**

**Weeks 6-10** Initiate weight bearing in boot 25% with progression to 100% by week 9

 Initiate AROM, PROM avoiding excessive eversion or dorsiflexion

Open chain hip and knee strengthening, stationary bike, ankle theraband DF/PF, isometrics

Joint mobilizations as needed avoiding calcaneal eversion or excessive dorsiflexion

Initiate BAPS (avoiding eversion), gentle shuttle in boot following weight bearing precautions

Criteria to progress: pain free weight bearing in boot, full active and passive ROM

**Phase 3 – Strength**

**Weeks 10-14** Begin progression to supportive tennis shoes with ASO brace

Initiate firm surface balance activities, step ups, squatting, lunging, heel raises

Criteria to progress: pain free ADL’s in supportive tennis shoe, no swelling, pain free closed chain exercises

**Phase 4 – Return to sport**

**Week 16+** Progress into orthotic with tennis shoe vs brace

Initiate unstable surface balance activities, sport cord training, steamboats,

Initiate gentle plyometric exercises

Initiate running program week 20

**Return to Activities (approximation)**

Golf 3 months

Running 6 months

Pivoting/cutting sport8-9 months

### Surgeon Comments: