

Hammer Toe Revision

PHASE III (4 weeks – 10 weeks)

Week 6:

- Start Physical Therapy
- Wound Care:
 - Continue scar management techniques
- Modalities:
 - PRN for pain and swelling
- Gait:
 - WBAT
 - Progress with FWB in normal footwear as tolerated by week 8
- ROM:
 - Normalize A/PROM all planes for gait and functional tasks as tolerated
 - Manual therapy PRN to non-fused joints
- Strengthening:
 - Advance as tolerated for gait and functional tasks
- Balance/Proprioceptive Activities:
 - Progress from double leg to single leg as tolerated

PHASE IV (10+ weeks)

Week 16:

- Return to full running, jumping, agility drills, plyometrics, sport-specific activities, per physician restrictions

Adapted From:

- 1) Consultation with Dr. Kelly John, DPM, MHA, at OrthoIllinois
- 2) Consultation with Dr. William Bush, DPM, MHA at OrthoIllinois
- 3) Consultation with Dr. Giovanni Incandela, DPM at OrthoIllinois