

## **Hammer Toes**

### **PIP Joint Fusion**

#### **PHASE II (5 days - 4 weeks)**

##### **Week 4:**

- Start Physical Therapy
- Wound care:
  - Observe for signs of infection and begin scar management techniques when incision is closed
- Modalities:
  - PRN for pain and swelling
- Gait:
  - Initiate weight shifting and progress to FWB in normal footwear as tolerated
- ROM:
  - Begin gentle A/PROM of foot and ankle as tolerated
  - Gentle A/PROM allowed for non-fused joints
  - Hip/knee AROM
- Strengthening:
  - Begin isometrics and progress to active open chain strengthening as tolerated
- Balance/Proprioceptive Activities:
  - Initiate double leg balance activities
  - NO single leg balance

#### **PHASE III (4 weeks – 10 weeks)**

##### **Week 6:**

- Wound Care:
  - Continue scar management techniques
- Modalities:
  - PRN for pain and swelling
- Gait:
  - Progress with FWB in normal footwear as tolerated
- ROM:
  - Normalize A/PROM all planes for gait and functional tasks as tolerated
  - Begin manual therapy PRN to promote normal gait of non-fused joints

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- Strengthening:
  - Begin closed chain activities as tolerated for gait and functional tasks
- Balance/Proprioceptive Activities:
  - Double leg balance activities and progress to single leg balance 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

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