

## Lapiplasty - Bunion Repair

**Dr. John**

**Precautions:** This is a fusion of the MT-Cuneiform joint vs traditional bunion correction. Patient will have micromotion in boot to stimulate healing of fusion/body response, which will contribute to edema when starting physical therapy at 6 weeks post-op.

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

#### **Week 6:**

- Start Physical Therapy
- Wound Care:
  - Continue scar management techniques
- Modalities:
  - PRN for pain and swelling
- Gait:
  - Progress to FWB in normal footwear as tolerated, per physical therapist
- ROM:
  - Normalize A/PROM all planes for gait and functional tasks
  - Avoid mobilizations to fused MT-Cuneiform joint
- Strengthening:
  - Advance as tolerated for gait and functional tasks
- Balance/Proprioceptive Activities:
  - Progress as tolerated to single leg

### **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

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