

## **Tarsal Tunnel Release**

### **Phase I (1 – 3 weeks post-op)**

- Goals:
  - Protect joint/nerve integrity- Do not over stretch the surgical site
  - Control inflammation
  - Control pain/edema
- Edema: Elevation & ice
- Brace:
  - Dr. Incandela: CAM boot x3 weeks
  - Dr. Pacaccio: Immobilized
  - Dr. Thom: Cast x3 weeks
- Gait: NWB
- ROM: PROM to prevent edema and maintain joint integrity

### **Phase II (3– 6 weeks post-op)**

- Goals:
  - Assess lumbar spine and sciatic/tibial nerves
  - Assess tolerance to gentle weightbearing
  - Prevent contraction and formation of scar tissue adhesions
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  - Maintain muscular length, soft tissue mobility, and joint mobility
- Brace:
  - Dr. Incandela: transition to regular shoe gear
  - Dr. Pacaccio: protective splint
  - Dr. Thom: 3-6 weeks post-op: CAM boot
- Gait: WBAT
- ROM:
  - Gentle PROM, AAROM, AROM & stretching
  - Gentle PROM DF with a towel or strap (NWB)
- Exercises:
  - Core and LE strengthening PRN

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- Gentle tibial nerve gliding techniques to mid-range, do not put tension on nerve until patient tolerates gentle nerve glides without increase of symptoms
- Use total gym & leg press during WBAT to FWB transition

### **Phase III (6 - 24 weeks)**

- Goals:
  - Normalize gait mechanics for walking and running on level surfaces
  - Symmetric ankle mobility and single-leg proprioception
  - Symmetric sciatic/tibial nerve mobility
  - Initiate sport-specific or job-specific skill development exercises
- Gait:
  - Dr. Pacaccio: without splint
  - Dr. Thom: return to shoes
- ROM: Continue as in Phase II
  - Initiate weightbearing stretching
- Strengthening: Continue as in Phase II
  - Progress resistive exercises to include bodyweight strengthening, beginning partial weightbearing and progressing to full weightbearing
  - Balance & proprioceptive exercises as tolerated
  - Walk/run progression and/or sport/job-specific skill development
  - Dr. Thom: 12-16 weeks post-op: return to sport

### **Adapted From:**

- 1) Consultation with Dr. Incandela, DPM at OrthoIllinois
- 2) Consultation with Dr. Douglas Pacaccio, DPM, FACFAS at OrthoIllinois
- 3) Consultation with Dr. David Thom, DPM at OrthoIllinois