

## Osteotomy

### Metatarsal, Calcaneus (including Bunionette)

**Precautions:** NWB to 6 weeks; unlimited WB at 10 weeks

#### PHASE III (4 weeks – 10 weeks)

##### Week 6:

- Start Physical Therapy- activity should be pain/symptom-free
- Wound Care:
  - Continue scar management techniques
- Modalities:
  - PRN for pain and swelling
- Gait:
  - NWB until week 6
  - Dr. Pacaccio: at 4 weeks post-op, wean from CAM boot
  - Dr. Thom:
    - Metatarsal: WBAT in CAM boot x6 weeks
    - Calcaneal: NWB in cast x3 weeks followed by partial WBAT in CAM boot x3 weeks
  - Gradually progress WBAT in normal footwear as tolerated by week 10
- ROM:
  - Begin gentle A/PROM all planes
- Strengthening:
  - Begin strengthening in NWB and advance to FWB closed-chain strengthening by week 10
- Balance/Proprioceptive Activities:
  - Begin double leg balance activities and progress to single leg balance by week 8

#### PHASE IV (10+ weeks)

##### Week 10:

- ROM:
  - Joint mobilizations PRN
  - Normalize A/PROM all planes for gait and functional tasks
- Strengthening:
  - Begin low load/high rep (i.e. Total Gym)

Initiation Date: 04/28/2020    Revised Date: 03/23/2022, 3-11-2026

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- Advance as tolerated for gait and functional tasks
- Balance/Proprioceptive Activities:
  - Dr. Pacaccio: BAP board with both feet only, as tolerated, no pain
  - Progress single leg balance and proprioceptive challenges

**Week 16:**

- Dr. Pacaccio: no single leg maneuvers
- Return to full running, jumping, agility drills, plyometrics, sport-specific activities, per physician restrictions

**Adapted From:**

- 1) Consultation with Drs. Giovanni Incandela, Douglas Pacaccio, and David Thom, DPM at OrthoIllinois

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