



Posterior Tibial Tendon Repair

Phase 1 – Maximum Protection

Weeks 0-3

Full weightbearing in CAM boot

Swelling and edema management

Initiate open chain range of motion exercises (ankle pumps, alphabet)

Initiate intrinsic exercises (marble pick-ups, towel scrunch)

Initiate open chain hip and knee exercises (leg raises, SAQ)

Avoid excessive eversion or dorsiflexion stretching

GOALS: independent ADL's, swelling management, adherence to weight bearing precautions

Phase 2 – Progressive Weight Bearing

Weeks 3-6

Progress weightbearing out of boot 25% with progression to 100% by week 6

Begin progression to supportive tennis shoes with PTTD brace or ASO

Initiate AROM, PROM avoiding excessive eversion or dorsiflexion

Open chain hip and knee strengthening, stationary bike, ankle theraband DF/PF, isometrics

Joint mobilizations as needed avoiding calcaneal eversion or excessive dorsiflexion

Criteria to progress: pain free weight bearing in boot, full active and passive ROM

Phase 3 – Strength

Weeks 6-10

Begin progression to supportive tennis shoes with airlift PTTD brace or ASO

Initiate firm surface balance activities, step ups, squatting, lunging, heel raises

Criteria to progress: pain free ADL's in supportive tennis shoe, no swelling, pain free closed chain exercises

Phase 4 – Return to sport

Week 10+

Progress into orthotic with tennis shoe

Initiate unstable surface balance activities, sport cord training, steamboats,

Initiate gentle plyometric exercises

Initiate running program week 20

Return to Activities (approximation)

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|------------------------|------------|
| Golf | 3 months |
| Running | 6 months |
| Pivoting/cutting sport | 8-9 months |

Surgeon Comments: