



Peroneal Tendon Repair

NWB for 4 weeks then WBAT in boot for 2 weeks

PHASE I EXERCISES (Weeks 1 through 6)

- Sitting Dorsiflex/plantarflexion (neutral dorsiflexion)
- Quad sets with straight leg raises
- Hamstring sets
- Open chain exercises ok for quadriceps and hamstrings

CARDIOVASCULAR EXERCISE

- Bike and row single well leg (weeks 2-6)
- Both leg bike no resistance (begin at 4 weeks and add resistance at 6)
- Elliptical trainer (begin at 10 weeks)
- Rowing (begin at 10 weeks)
- Stair stepper (begin at 3 months)
- Treadmill incline 7-12% very slow pace (begin at 7 weeks)

PHASE II SPORT CORD EXERCISES (begin after 6 weeks)

- Double knee bends (weeks 7 to 12)
- Toe raises
- Begin isometrics and progress to sport cord activity
- Single leg balance on stable surface
- Single leg balance on unstable surface at 10 weeks sooner if pain free and no swelling
- Side to side lateral agility (begin at 12 weeks)

PHASE III-WEIGHTS (begin after 12 weeks)

- Begin running program
- Leg press to 90 degrees
- Leg curls-extend to neutral only
- Unstable surface with challenge
- Unrestricted progressive weight training
- Lateral agilities progressing slowly to cutting
- Begin plyometrics when normal strength compared to contralateral side and no deficits in balance

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PHASE IV- HIGH LEVEL ACTIVITIES

- Outdoor biking (begin at 10 weeks)
- Rollerblading (begin at 5 months)
- Running (begin at 5 months)
- Skiing, basketball, football, soccer (begin at 6 months)
- Golf (begin at 5 months)
- Agility exercises (begin at 3 months)
- Mountain Bike (begin at 5 months)

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