

Rehabilitation following 1st MTPJ FUSION– Mr Limaye

Week	Mobility	Weight bearing	Rehabilitation	Goals
0-2	Plaster backslab	NWB	Prophylactic/circulatory exercises (SQ, SLR, Static Gluts, ROM Knee/Hip). Advice re: elevation.	Prevent post op complications Independent on crutches Education
2-6	Plaster boot	Heel weight bearing (Barouck or normal plaster shoe)	Pain and oedema control. Prophylactic/circulatory exercises (SQ, Static Gluts, ROM Knee/Hip). Advice re: elevation. Maintenance exercises	Independent Mobility. Maintenance of other muscle groups. Normal gait pattern
6 weeks	Normal Shoe/trainer *Has check X ray in clinic, if healing well then FWB. If not then Plaster and HWB again).	FWB	Pain and oedema control. FROM Active and passive range of movement Ankle, mid foot. Gait re-education. Early CV work – Bike Early closed chain exercises, Squats, calf stretches. Single leg stand.	Achieve full range of movement in all directions. Normal Gait pattern. Equal proprioception both sides Full strength Return to full function

12 weeks	Normal Shoe/trainer	FWB	<p>Gait re-education. Progress proprioception, out of base of support. Step ups, lunges. Heel raises (double leg) Increase CV work – Cross Trainer, Stepper.</p>	<p>Achieve full range of movement in all directions. Normal Gait pattern. Equal proprioception both sides Full strength Return to full function</p>
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- No Impact/Plyometrics till 6/12.
- With all foot and ankle surgery swelling may persist for up to 1 year.