
ACCESSORY NAVICULAR EXCISION POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 - 28

- Immobilized in short leg cast (SLC)
- Crutches - non weight bearing (NWB)
- Active range of motion (AROM) hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only - no pushups)
- LE stretches - Hamstring, quads, ITB, hip flexors
- Elevation

GOALS

- Pain management
- Prevent swelling

WEEKS 4 - 8

- Cam walker
- Crutches - Weight bearing as tolerated (WBAT), D/C when gait is normal
- Continue appropriate previous exercises
- Scar massage/mobilization with oil/cream
- Ankle AROM - Calf pumping, alphabet, rotations
- Light Theraband ex x 4
- Towel crunches and side-to-side
- Steamboats (Theraband x 4 while standing on involved LE) in cam walker
- Mini-squats, Wall squats, Total gym
- Proprioception ex - Double leg BAPS
- Gastroc / Soleus stretching

GOAL

- Full DF / PF

WEEKS 8 - 12

- Transition from cam walker to ankle brace
- Continue appropriate previous and following exercises without brace

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- Theraband ex x 4 - Gradually increase resistance
 - Elgin
 - Double leg heel raises - Emphasize involved side
 - Leg press, knee extension, HS curl, hip weight machines
 - Forward, retro and lateral step downs
 - Proprioception ex - Single leg BAPS, ball toss, body blade
 - Stationary bike
 - Pool therapy

GOALS

- Normal gait
- Symmetrical range of motion (ROM)

MONTHS 3 - 4

- Continue ankle brace and appropriate previous exercises
- Single leg heel raises
- Fitter, slide board
- Treadmill - Walking progression program
- Elliptical trainer
- Stairmaster

GOALS

- Normal strength
- Walk 2 miles at 15 min/mile pace

MONTHS 4 - 6

- D/C brace
- Continue appropriate previous exercises
- Pushup progression
- Sit-up progression
- Treadmill - Running progression program
- Agility drills / Plyometrics
- Transition to home / gym program

GOAL

- Return to all activities

****NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP****