Austin Bunionectomy Protocol

(metatarsal procedure)

Patient_____
DOS_____

Chippewa Valley Ort	thopedics & Sports Medicine			
1200 OakLeaf Way, Suite A	757 Lakeland Drive, Suite B			
Altoona, WI 54720	Chippewa Falls, WI 54729			

WBAT with wedge shoe and with assistive deviceWBAT in wedge shoe with assistive device. Progress off assistive device as able.D/C wedge shoe with x-ray clearance. Athletic shoe.Progress ROM. Avoid stressing the joint.Lateral and front step- Single leg stanceWBAT with wedge shoe and with assistive deviceWBAT in wedge shoe with assistive device. Progress off assistive device as able.D/C wedge shoe with x-ray clearance. Athletic shoe.Progress ROM. Avoid stressing the joint.Lateral and front step- Single leg stance	WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	WEEKS 7-8	WEEK 9+
with assistive deviceassistive device. Progress off assistive device as able.clearance. Athletic shoe.stressing the joint.Single leg stanceHip and Knee Open chain strengtheningAROM: dorsiflexion plantarflexion inversion eversion toe curls great toe flexion/extensionContinue with edema control Scar mobilizationTotal Gym, double leg, low resistanceAddress functional act demands.Compressive stocking to be used for significant swelling as needed.Gentle MTP joint mobilizations BAPS board Plantar flexion toe curls great toe flexion/extensionPraga ambulate in PT without shoes.Resistive tubing and manual resistance for ankle: Inv, Ev, DF, PFResistive tubing and manual resistance for ankle: Inv, Ev, DF, PFResistive tubing and manual resistance for ankle: Inv, Ev, DF, PFEllipticalCompressive stocking to be used for significant swelling as needed.Sitting, partial WB: BAPS board Plantar flexion DorsiflexionProgress hip, knee strengthening as needed.BAPS standing porprioceptionBaPS standing porprioceptionBike: no resistance After stitches are removed, start gentle scar mobilization.Please note: The progress of this diagnosis may happen quite quickly. If MD reports that an x-ray is showing good signs of healing the progression of week 6 and beyond may be interpreted as a					
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Reviewed April 2014	Reviewed April 2014				