

PT10: Peroneus brevis fractional intramuscular lengthening

Indications: Valgus foot/ankle and peroneal ms. contracture

Procedure: Fractional intramuscular lengthening of peroneus brevis

Casting: Short leg cast for 6 weeks, weight bearing as tolerated

Healing Time: Approximately 6 weeks

Precautions:

- Avoid activities and situations that may result in forceful inversion/ eversion of the ankle

Contraindications:

- Avoid forceful, resisted muscular contraction, avoid impact activities until ~6-8 weeks post-op

Phase 1: Post-op day 1-7

Goals: -protect the surgical site including the incision and underlying surgical tissues

- home exercise instruction including positioning, stretching, ADL function

- isometric contraction of the gluts, quads, hamstrings

- independent SLR all planes with cast donned

Criteria to Progress:

- safe mobility for ADL completion

- able to demonstrate understanding of home exercises and precautions

Phase 2: Post-op day 8-21

Goals: -weight bearing activities in the cast

Criteria to Progress:

- uneventful healing of surgical tissues

Phase 3: Post-op 22 to completion of PT care

Goals: -begin AAROM, AROM once the cast is removed

- full AROM, all planes

- able to achieve heel first initial contact, maintain neutral foot position during all stance phases of gait

- improve strength of the lower extremity, may use theraband for strengthening exercises at 6 weeks post-op

- closed chain proprioception exercises, balance activities

- Transverse friction massage to surgical scar to improve mobility once the incision is closed (Approx. 4-6 weeks)

- independent management with home exercises

When multiple procedures are performed at the same surgical event, the post-op physical therapy care needs to default to the most conservative time frames and guidelines.