

Bunionectomy

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Phase I: 0 – 6 weeks

Goals for Phase I:

1. Swelling and pain control
 2. Orthotic fitting/training (walker boot and bunion splint)
 3. Full weight-bearing gait (w/ rigid foot protection)
 4. Normal ankle ROM
 5. Total leg strengthening (uninvolved joints)
- A. Orthotics: Patient is put in ankle immobilizer boot as directed by the physician, to wear for up to 4 weeks to protect pins. A bunion splint should also be issued and worn from the first post op visit. When pins are removed by physician, pt is to be fit with bunion shoe and bunion splint is to be worn day and night.
- B. Gait-training: Patient should be progressed from WBAT with crutches to FWB without crutches while using walker boot. Avoid toe-off with gait for 3 to 6 weeks after surgery.
- C. ROM: Work to restore full A/PROM of ankle joint; no toe ROM
- D. Strengthening: Start with ankle AROM and progress into ankle PRE's. Weight bearing activities may be performed as tolerated if boot is protected with bunion shoe. 4 way hip strengthening and Quad/HS strengthening may begin immediately.
- E. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, desensitization, scar massage
- F. Modalities: Utilize for pain, inflammation, swelling control, (no e-stim or ultrasound when pins are in foot)

Phase II: 6 - 8 weeks

Goals for Phase II:

1. Normal strength
 2. Begin work/sports activities
- A. Orthotics: Transition from bunion shoe to full length cork insoles in work boot or shoe to prevent excessive bending of 1st ray.
- B. ROM: Begin toe AROM and progress to gentle AAROM PRN, continue ankle ROM / Jnt mobs PRN.
- C. Strength: More aggressive PRE's, weights, single leg activities etc.
- D. Balance/Proprioception: Single leg stance activities, balance beam, etc.
- E. Functional activities: Begin recreational/work activities as tolerated.

Phase III: 8 weeks to release

Goals for Phase III:

1. Return to work/recreation
- A. Continue strengthening/conditioning/functional activities as needed