



Peroneal Tendon Tear/Dislocation

Post-Surgical Guidelines

Week 0-2 Rest, elevate limb, take medications, keep dressing dry and boot on.

Week 2 Post-op Return to clinic for suture removal.
Examination of the surgical site will occur and you will continue in the medical boot (WBAT if appropriate).
Boot may be removed for non-weight-bearing showers.

Week 6 Post-op If cleared by MD, patient will wean into Malleotrain brace with PT.
Use brace and sneaker until next f/u appointment with MD in 4 weeks.
Start Physical Therapy

Week 10 Post-op PT check, new x-rays (if needed).
Continue PT as needed and advance to home program as determined by PT/MD.