



# Flat Foot Deformity/Rupture of the Posterior Tibial Tendon

## Post-Surgical Guidelines

<b>Week 0-2</b>	Rest, elevate limb above the heart, eat, sleep and take your pain medication as needed.
<b>Week 2 Post-op</b>	Return to clinic for suture removal, examination of surgical site and a non-weight-bearing short leg cast is applied.
<b>Week 6 Post-op</b>	Out of cast x-rays of the foot. If healing is occurring in desired fashion, progress to walker boot. Walker boot can be taken off for sleep and showers only. Weight-bearing progression in walker boot - over the next 6 weeks. Given prescriptions for physical therapy, orthotics, and compression stockings for swelling control.
<b>Week 12 Post-op</b>	X-ray of the foot - if healing is occurring in desired fashion, progress to supportive shoe with orthotics in place. Continue strengthening in physical therapy.
<b>6 Month Post-op</b>	Weight-bearing x-ray of foot and anticipated discharge from service if surgical site well-healed and progress made through rehab process.