

Cavovarus Reconstruction

	WEIGHT BEARING	ORTHOTIC DEVICES	RANGE OF MOTION	GOALS	EXERCISES
0-2 weeks	NWB	SLS	None	Decrease pain and swelling Wound healing	-NWB gait training -Strict elevation -Hip/Knee AROM and stretching
2-6 weeks	NWB	SLC	None	Decrease pain and swelling Osteotomy healing	-straight leg raises -elevation -long arc quads -pelvic and core strengthening -toe AROM -4 way ankle isometrics in cast
6-10 weeks	PWB	CAM Boot	AROM, no PROM	Progressive weight bearing	-AROM -AAROM -Soft tissue mobilization -Midfoot joint mobilization -Stationary bike -Forefoot towel scrunches -Gentle Achilles stretching
10-12 weeks	WBAT	Wean out of boot. Start ASO brace	AROM	Caution with active inversion/eversion	- Ankle isometrics progressing to open chain isotonic - Closed chain exercise including weight machines, weight shifts, seated BAPS - Proprioception exercise including SLB, diagonal doming and foot intrinsic strengthening - Joint mobilizations to increase talocrural and subtalar ROM

12+ weeks	WBAT	ASO brace	Full AROM/PROM		<ul style="list-style-type: none"> - Progress closed chain exercises – Sportcord, lunges, heel raises etc - Dynamic balance progression – mini tramp, SLB on uneven surfaces - Advanced proprioception exercises - Continue to advance weight machine exercises, stretching, ROM and joint mobilizations
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