

**Flatfoot Reconstruction**

	<b>WEIGHT BEARING</b>	<b>ORTHOTIC DEVICES</b>	<b>RANGE OF MOTION</b>	<b>GOALS</b>	<b>EXERCISES</b>
<b>0-2 weeks</b>	NWB	SLS	None	Decrease pain and swelling Wound healing	-NWB gait training -Strict elevation -Hip/Knee AROM and stretching
<b>2-6 weeks</b>	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
<b>6-10 weeks</b>	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
<b>10-12 weeks</b>	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
<b>12+ weeks</b>	WBAT	ASO brace	Full AROM/PROM		- Progress closed chain exercises – Sportcord, lunges, heel raises etc

					<ul style="list-style-type: none"><li>- Dynamic balance progression – mini tramp, SLB on uneven surfaces</li><li>- Advanced proprioception exercises</li><li>- Continue to advance weight machine exercises, stretching, ROM and joint mobilizations</li></ul>
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