

**Dr. Craig Chike Akoh, MD**  
**TIBIALIS ANTERIOR REPAIR/RECONSTRUCTION**  
**REHABILITATION PROTOCOL**

	<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	Short leg splint	None	Decrease pain and swelling	Toe ROM, quad activation
<b>2-4 weeks</b>	NWB	Short leg cast	None	Working on active plantar flexion only	<b>No resistance</b> <b>No strengthening</b>
<b>4-6 weeks</b>	Weight bear as tolerated in boot	CAM boot	Active dorsiflexion (no plantarflexion past neutral)	TA tendon activation	<b>Gradual strengthening exercises in dorsiflexion only (no inversion or plantarflexion)</b>
<b>6-12 weeks</b>	FWB Wean out of the boot after 6 weeks	ASO ankle brace (wean off boot by 8 weeks )	Full ROM	Advance strengthening	Advance strengthening exercises to include dorsiflexion, plantarflexion, inversion, eversion. Advance to conditioning exercises such as elliptical, stationary biking. Advance to resisted strengthening.
<b>12+ weeks</b>	Ok to begin jogging	None	Full ROM	Sport specific activities	Return to sport usually by 3-4 months