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ORTHOPEDIC SURGERY AND SPORTS MEDICINE

Haglund's Deformity Resection Physical Therapy Protocol

Phase I: Weeks 1-3

Goals

- Control swelling and pain
- Protect repair

Guidelines

- NWB (non-weight bearing) for 2 weeks. Use knee-walker or crutches for safety all times.
- May rest foot down when standing or sitting
- Begin ankle motion as tolerated. **No passive stretching.**
- Hip AROM: lying and standing
- Knee AROM: lying and standing
- Ankle AROM: seated only
- Sutures removed at 14-21 days

Phase II: Weeks 3-6

Goals

- **NO CALF STRETCHING** (unless specified in instructions)
- Gradual increase weight bearing with boot at 2 weeks after surgery, usually 25% per week

Guidelines

- Progressive weight bearing in walker boot. (Advance 25% per week)
- Start with 3 wedges in walker boot and remove one wedge per week starting at week 3.
- Transition to regular shoe at 6 wks
- Shower when sutures out and wound healed
- Massage of foot to decrease edema (light massage start from toes and work towards ankle)

- Control swelling with elevation
- AROM ankle and gentle resistance band strengthening with dorsiflexion limited to first point of resistance

Phase III: Weeks 7-10

Goals

- Swelling control with elevation and modalities as required

Guidelines

- **NO CALF STRETCHING** (unless specified in instructions), ask surgeon if you think ROM is insufficient
- Manual mobilization of foot as required
- Gentle mobilization subtalar joint
- Try to control knee hyperextension (knee hyperextends to compensate for lack of DF at ankle)
- ROM at ankle: PF (plantar flexion), inversion/eversion, DF (dorsiflexion) to first point of resistance

Phase IV: Weeks 10-12

Goals

- Increase DF and strength

Guidelines

- **NO CALF STRETCHING** (unless specified in instructions)
- Regular shoes by 6 weeks as tolerated
- Stationary bicycle: start to add tension
- Sitting: active PF exercises, DF to tolerance

Phase V: Weeks 13-16

Goals

- Full weight bearing
- Swelling and pain resolution
- Good proprioception in single leg support

Guidelines

- Theraband: inversion/eversion, DF
- ROM exercises
- Gentle calf stretches
- Manual mobilization as required
- Calf press and leg press
- Proprioceptive exercises
- Single leg support
- Progress to wobble board
- Gait retraining
- Swimming
- Stepper
- Eccentric drops
- Progress to advance dynamic drills 16 + weeks
- hopping – skipping – progress to sport specific drills 16 + weeks

Phase VI: Week 16+

Goals

- Full lower extremity strength and maximum function

Guidelines

- Work or sport specific activity
- Work to control arch
- Strength training through running; band work; heel rise
- Progression from double to single heel rise strengthening

Phase VII: Weeks 26

- Return to competitive sport
- Single heel rise and single leg hop intact