

POSTOPERATIVE PROTOCOL

Modified Valenti for Hallux Rigidus

Total 4-6 weeks of immobilization

- Weightbearing in CAM boot for 2-3 weeks. Formal Rehabilitation starts at the 3rd week to work on range of motion of the hallux.

First postoperative visit is 4-5 days after surgery

- Incision check with steri-strip replacement
- X-rays taken to assess the joint postoperatively
- Redress the foot with new dressings to be left on until 2nd post-operative visit
- Reapplication of the CAM boot for protection
- Keep dressings clean with shower cover
- Range of motion exercises to be done at home (50 times twice to three times daily)

Second postoperative visit 3 weeks after surgery

- Sutures removed by Athletic Trainer
- May get surgical site wet. DO NOT SCRUB THE AREA. Gentle washing with soap and water.
- Steri-strips reapplied will fall off in one to two weeks. No need to replace, unless there are signs of wound separation. CALL THE OFFICE, if there are signs of infection.
- Transition to Surgical Shoe to tolerance. May need to use the CAM boot as a back up
- Dispensed and fitted for a Compression Sleeve (\$35 out of pocket expense) to be worn day and night
- Physical Therapy to begin formally with specific post Valenti Protocols

Third postoperative visit 4-6 weeks after surgery

- Allowed to transition to gym shoe to tolerance.
- Rehabilitation with formal Physical Therapy including strength, range of motion, scar mobilization, gait retraining

Fourth postoperative visit 8 weeks after surgery

- Post Physical Therapy recheck
- Begin transition to surgical shoe then to gym shoes to tolerance
- Continue Physical Therapy protocols

***Swimming and Recumbent Cycling allowed at 6th to 8th week; no flip turns**

***8 weeks patient allowed to use AlterG™ treadmill starting at 50% bodyweight for bilateral to unilateral strengthening, progressing up to 85%**

Return to daily activity around 10 weeks

Return to weight bearing sports activities 12-14 weeks

Driving allowed at 3rd postoperative week (Remove surgical shoe/boot if on right foot/ankle)