

CAPE COD SPORTS MEDICINE INC.

ORTHOPEDIC SURGEON

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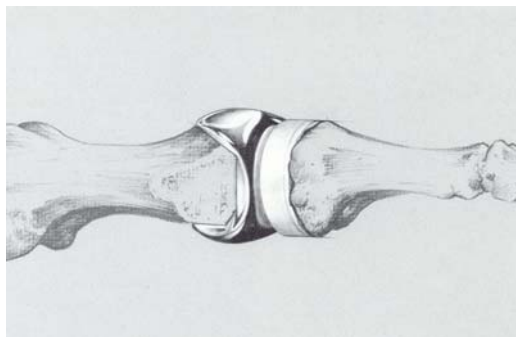
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REHAB PROTOCOL: Total Joint Replacement of Great Toe

Immediately after surgery:

1. Keep foot elevated for 72 hours
2. Bedrest x 72 hours with bathroom privileges.
3. Apply ice to area 20 minutes every two hours
4. Weight bearing on the heel of the foot in the post-op shoe placed on your foot at time of surgery.
5. Take pain medication prescribed on a regular basis to stay ahead of pain. Medication will be PERCOCET 1-2 tabs every 6 hours for severe pain, or TYLENOL #3 (with Codeine) 1-2 tabs every 4 hours for moderate pain.
6. Take antibiotic prescribed (Keflex) every 8 hours for 5 days.



After 72 hours:

1. Ambulation as tolerated in post-op shoe. May use crutch, cane or walker for assistance with walking as needed
2. Begin passive range of motion of the big toe, by gently moving it up & down. You should do this for 5 minutes, four times a day.

At 2 weeks:

1. Return to office to have sutures removed
2. Begin Physical Therapy with attention to PROM and active ROM of great toe. May advance to EHL/FHL strengthening when swelling decreased and good ROM is established. Use of modalities for edema control, scar tissue management, pain control, and padding encouraged.
3. May begin wearing regular shoes in 3-4 weeks.

