REHABILITATION PROTOCOL – TURF TOE (NON-WEIGHT-BEARING EXERCISE PROGRAM)

Start by doing each exercise 10 times. Increase repetitions by 5 each day, up to a total of 30 repetitions. Do program 3 times daily. Exercise slowly and to the maximum stretch.

Pulling exercises:
- Sit on floor with legs straight out in front. Place a towel around ball of foot. Grasp both ends of towel with hands, pulling foot toward knee. Stretch to the count of 5. Release.
- Same as above, except pull more with right hand to bring foot to right, then pull with left hand to bring foot to left.
- Repeat both with knee bent about 30 degrees.

Flexing exercises:
- Sit on floor with legs straight out in front. Flex foot upward, toward face, curing toes under at the same time, then point the foot downward, bringing toes up at the same time. The sequence is foot up, toes down, foot down, toes up.
- Sit on floor with legs straight out in front, placing both heel and ball of foot flat against a wall. Flex toes toward face. Hold to count of 5. Relax.
- Repeat both with knee bent about 30 degrees.

Sliding exercises
- Sit in chair with knee bent and foot flat on floor under knee. Keeping heel and ball of foot on floor, raise toes. Keeping toes up, slide foot back a few inches, relax toes. Then raise toes again and slide foot back a few more inches. Keep raising the toes and sliding foot back until it is no longer possible to keep heel on floor while raising the toes.
- From starting position, slide foot forward as far as possible, keeping both toes and heel in contact with floor. Keeping heel on floor and knee straight, flex foot up toward knee. Then point foot, pressing toes onto floor. Repeat, except keep toes curled while stretching and pointing foot.
- From starting position, “claw” the toes, including foot forward as toes claw; then release. Separate toes between clawing. Inch out as far as possible, then slide back and start again.
- Sit in chair with knee bent and foot flat on floor under knee. Raise heel, keeping toes flat on floor; then press down again. Lean upper body forward for increased stretch.

Rolling exercises
- Sit in chair with knee bent and foot flat on the floor under knee. Turn inside edge of foot toward face (supinate), keeping outside edge of floor. Hold to the count of 5. Then flatten foot and bring outside edge toward face (pronate), keeping inside edge on floor, including big toe. Hold to count of 5. Do not let knee move during this exercise.
- From starting position, raise big toe, then next toe, progressing to little toe. Reverse, going from little toe to big toe.
- From starting position, slightly lift heel, putting weight on lateral borders of foot. Roll from little toe to big toe, then back through heel without letting heel touch the floor, making a complete circle around ball of foot. Repeat and reverse.

If edema and stiffness persist, contrast, whirlpool, and ultrasound with cold compression may be used as adjuncts. These modalities are aimed at decreasing edema, increasing motion, and mobilizing scar until symptoms subside.

This physical therapy protocol is designed to be implemented by a licensed physical therapist and is not intended to be used for home based therapy. The protocol is the result of careful consideration of a variety of important issues related to maximize the surgical recovery process. Modifications may be made by Dr Higgs during the rehabilitation process, and modalities may be introduced at the therapist’s discretion.