GALLAND/KIRBY ACCESSORY NAVICULAR EXCISION
POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 28

- Immobilized in short leg cast (SLC)
- Crutches – non weight bearing (NWB)
- Active range of motion (AROM) hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups)
- LE stretches – Hamstring, quads, ITB, hip flexors
- Elevation

GOALS

- Pain management
- Prevent swelling

WEEKS 4 – 8

- Cam walker
- Crutches – Weight bearing as tolerated (WBAT), D/C when gait is normal
  - Continue appropriate previous exercises
  - Scar massage/mobilization with oil/cream
  - Ankle AROM – Calf pumping, alphabet, rotations
- Light Theraband ex x 4
- Towel crunches and side-to-side
  - Steamboats (Theraband x 4 while standing on involved LE) in cam walker
- Mini-squats, Wall squats, Total gym
- Proprioception ex – Double leg BAPS
- Gastroc / Soleus stretching
GOAL
- Full DF / PF

WEEKS 8 – 12
- Transition from cam walker to ankle brace
- Continue appropriate previous and following exercises without brace
- Theraband ex x 4 – Gradually increase resistance
- Elgin
- Double leg heel raises – Emphasize involved side
- Leg press, knee extension, HS curl, hip weight machines
- Forward, retro and lateral step downs
- Proprioception ex – Single leg BAPS, ball toss, body blade
- Stationary bike
- Pool therapy

GOALS
- Normal gait
- Symmetrical range of motion (ROM)

MONTHS 3 – 4
- Continue ankle brace and appropriate previous exercises
- Single leg heel raises
- Fitter, slide board
- Treadmill – Walking progression program
- Elliptical trainer
- Stairmaster

GOALS
- Normal strength
- Walk 2 miles at 15 min/mile pace

MONTHS 4 – 6
- D/C brace
- Continue appropriate previous exercises
- Pushup progression
• Sit-up progression
• Treadmill – Running progression program
• Agility drills / Plyometrics
• Transition to home / gym program

**GOAL**
• Return to all activities

*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP*