



Jacob Matz, MD, MSc, FRCSC
Orthopaedic Surgeon
Assistant Professor, Dalhousie University
555 Somerset Street, Suite 200
Saint John, NB
E2K 4X2

Phone : 506-652-6332
Fax : 506-652-7563
Email : drjacobmatz@gmail.com
www.saintjohnortho.com

Pes Planus/Flatfoot Reconstruction Protocol

Activity Guidelines :

- Non-weight bearing for 6 weeks after surgery with crutches/knee scooter.
- 6 week review – permitted to commence gradual, progressive weight bearing in boot over the next 6 weeks.
- 3 months – transition to normal shoe wear. Gradually increase walking; light exercise.

Physiotherapy:

- First 6 weeks – no exercises of foot/ankle while in plaster (2 weeks). Once changed to the boot, patient may commence gentle ROM exercises of foot – working on toe stretches. Patient may do knee ROM, quadriceps, core strengthening, and upper limbs.
- 6-12 weeks: gait retraining, protected weight bearing, core strengthening and upper limb program. Non-impact exercise. (elliptical, swimming, stationary bike).
- 12 weeks: may progress with gait retraining, generalised stretching/strengthening fitness program, and progressive increase in lower limb weight bearing exercises. (stationary bike, swimming).