

Center for Sports Medicine and Orthopaedics

Protocol for Flexor Digitorum Longus Transfer C. Jason Wamack,, DPM

Weeks 1-8

- Immobilized in cast
- Crutches – NWB
 - LE stretching @ hip and knee
 - LE AROM @ hip and knee
- Elevate to prevent swelling

Weeks 8-10, if out of cast @ 8 wks, if not, cont. above until 10 wks

- Cam boot for 2 wks
- Crutches – PWB
- Cont. appropriate previous exercises
- Begin WB activities
- Modalities PRN
- Isometrics x 4 directions
- Ankle AROM
 - Ankle pumps
 - Ankle alphabet
 - Ankle circles
- Gastroc/Soleus stretching
 - Towel stretch/Incline
- Towel crunches and towel inversion/eversion
- Bike

Weeks 10-12

- Progress to WBAT
- Cont. Cam Boot, if ordered by doctor
- Cont. appropriate previous exercises
- Theraband x 4 directions
- Steamboats (t-band x 4 when standing on involved LE) in cam boot, if appropriate
- Minisquats
- Proprioception Exercises
 - Balance Board
 - BAPS – Double leg
- Prostretch

- Sidelying Eversion/Inversion – no weight

Goals

- Strengthen Flexor Digitorum Longus (FDL) and Posterior Tibialis(PT)

Weeks 12-14

- Transition from cam boot to ankle brace
- Progress to appropriate, regular shoe with ankle brace
- Cont. appropriate previous exercises
- Treadmill
- Elliptical/Stairmaster
- Step drills/Jump drills
- Wall squats
- Unilateral heelraises
- Leg press

Weeks 14-16

- Cont. appropriate previous and following exercises without brace
- Increase strengthening exercises targeting FDL and PT
 - Sidelying inversion with weight
- Proprioception exercises
 - Single leg ball toss, body blade, BAPS
- Hip and knee strengthening exercises on machines