

Plantar Plate Repair: Post-op Care and Therapy

Post-Operative Care:

1. Tape your toe down.

Take a piece of ½" tape, about 8" long and center it over the top of your toe. Bring the two ends down and stick them to the bottom of your foot. Make sure that you put enough downward tension on the tape so that your toe bends down toward the floor. You really can't bend it too far, just make sure it is comfortable. Then take a piece of 1" tape and wrap it around your foot, just up from the ball of your foot, in order to keep the tape from loosening or slipping off. You may need to re-tape this during the day if it loosens.



Exercises:

Beginning 2 weeks after your surgery, I would like you to do the following exercises, three sessions per day, for ten minutes each session. I understand that pain will be a limiting factor early on, but getting into a routine will help you build confidence and gain your motion back with time.

1. Active range of motion of all five toes.

Hold the ankle at 90° (it may help to prop it against the arm of a sofa, or step); push the foot down flexing all five toes at the same time. Hold this for five seconds, then pull up and repeat 25 times. Do this for all three sessions during the day



2. Exercises for the great toe.

Again, hold the angle at 90°. A theraband, or elastic band, is placed around the base of the great toe. Pull the toe upwards with the theraband, while using your toe muscles to flex down with your big toe. Although you are exercising the first toe, this exercise helps all the toes to work. Hold the toe down for five seconds, and then pull up for five seconds. Repeat this 25 times. Do this for all three sessions.



3. Passive range of motion of the operated toe.

Grasp the operated toe on the top and bottom, placing your thumb and fingers on the top and bottom of the base of the toe, at the level of the metatarsal-phalangeal joint (ball of foot). With moderate pressure, stretch your toe downwards. Usually this will hurt a bit as you do this. Hold this down for a count of 15 and then release slowly. You should perform 8 of these per set and do three sets per session.

