



PHYSICAL THERAPY SECTION

ACCESSORY NAVICULAR EXCISION

Revised November 2016

Adapted from William Beaumont Army Medical Center

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
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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

Goals

Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op