

Rehabilitation following Excision of Morts Neuroma – Mr Limaye

Week	Mobility	Weight bearing	Rehabilitation	Goals
0-2	Plaster shoe	HWB	Pain and oedema control. Prophylactic/circulatory exercises (SQ, SLR, Static Gluts, ROM Knee/Hip). Advice re: elevation.	Prevent post op complications Independent on crutches. Maintenance of other muscle groups. Education
2+ weeks	Normal Shoe/trainer	FWB	FROM Active and passive range of movement Ankle, mid foot and 1 st MTPJ TA stretches and early closed chain exercises, squats, static lunges, Gait re-education. CV work – Bike, Cross trainer as appropriate to patient. Single leg stand, progress proprioception, out of base of support. Step ups, lunges (static to dynamic). Heel raises (double leg)	Maintenance of other muscle groups. Achieve full range of movement in all directions. Normal Gait pattern. Equal proprioception both sides Full strength Return to full mobility and occupation.

Orthotics if needed.