

Navicular Fracture ORIF

Phase I - Maximum Protection

Weeks 0-2

- Post-operative splint
- Non-weight bearing at all times with use of crutches
 - No scooter

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Maintain strength of non-operative joints

Exercise progression

- Open chain hip strengthening
- Gait training
- Elevation to assist with swelling reduction

Weeks 2 to 6:

- Cast (transition at 2-week post-op appointment)
- Non-weight bearing at all times with use of crutches or scooter

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Maintain strength of non-operative joints

Exercise progression

- Open chain hip strengthening
- Gait training
- Elevation to assist with swelling reduction

Weeks 6 to 12:

- CAM boot at all times (transition at 6-week post-op appointment)
- Non-weight bearing at all times with use of crutches or scooter for weeks 6-10 with potential transition to weight bearing in CAM boot for at 10 weeks (determined by MD).
 - CT scan will be performed at 10 weeks post-op to ensure bone healing. MD will progress patient to weight bearing in CAM boot if CT scan demonstrates good healing.
- Able to remove CAM boot for range of motion exercises
 - No range of motion restrictions

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Maintain strength of non-operative joints
- Progress ROM at ankle and foot as tolerated
- Manual therapy for pain relief and range of motion at ankle and foot

Exercise progression

- Open chain hip strengthening
- AROM of ankle and foot
- Modalities for pain relief and swelling reduction
- Gait training

Phase II- Progressive Stretching and Early Strengthening

Weeks 12 to 16:

- Discontinue CAM boot and transition to shoe
- Weight bearing as tolerated
- Initiate closed chain strengthening
- Initiate balance/proprioceptive drills

Goals

- No swelling
- Full range of motion
- Normal gait pattern

Exercise progression

- Gait training- normalize gait pattern
- Proprioception drills
- Begin unilateral closed kinetic chain program
- Step-up progression
- Introduce bike and elliptical trainer

Phase III- Advanced Strengthening and Running Progression

Weeks 16 to 20 weeks:

- Administer Preliminary functional test at 16 weeks for physical therapist to review
- Initiate straight line jogging at 16 weeks if proper biomechanics are demonstrated and symmetry on functional test
- Advance strengthening program
- Initiate plyometric training progressing from double leg to single leg activities
- Administer Return To Sport functional test at 20 weeks for physician to review

Goals

- No swelling
- Full range of motion
- Symmetrical strength and power

Exercise progression

- Basic ladder series
- Linear jogging progression
- Basic plyometric box progression
- Gym strengthening progression

Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass Return To Sport functional test at >90% (involved vs. uninvolved limb)
- Display symmetry and confidence in high-speed cutting, multi-plane plyometric drills, sprinting and decelerating

Anticipated return to sport:

- 5-6 months for contact and non-contact athletes