

Cheilectomy REHABILITATION GUIDELINES

RX:

Physical Therapy: 2 times/ week for 6 weeks

1. ROM and stretching 1st MTP joint
2. Instruct in home strengthening program to be performed daily
3. Modalities PRN

Please initiate PT for aggressive passive ROM exercises of the first MTP joint with simultaneous traction. Patient is s/p cheilectomy. Please distract joint and please actively ROM.