



COMMON PERONEAL NERVE DECOMPRESSION

Post-Operative Rehabilitation Protocol

0-2 Weeks

- Full weight-bearing as tolerated (WBAT) right away
- Use crutches for 24-48 hours; discontinue when gait normalizes
- Full active and passive range of motion (ROM)
- Patella mobilization
- Straight leg raises (SLR) in supine position
- Quad sets
- Heel slides
- Ankle pumps

2-6 Weeks

- Full weight-bearing
- Continue progressing ROM until full
- Wall sits, lunges, and balance exercises
- Closed chain quadriceps strengthening
- Modalities as needed (PRN)

Weight-Bearing Status

- Weight-bearing as tolerated (WBAT)

ROM Restrictions

- Full active and passive ROM starting day 1 post-op (POD 1)

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery