



ANKLE FUSION | SUBTALAR FUSION | TRIPLE ARTHRODESIS | FLAT FOOT RECONSTRUCTION | ANKLE REPLACEMENT

REHABILITATION PROTOCOL

REHABILITATION PROGRESSION

The following is a general guideline. Please consult Dr. Syal/Dr. Soswa if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation. Rehabilitation should be individualized according to patient status.

PRECAUTIONS

- No weight bearing on surgical leg for first 7-10 weeks depending on X-ray progression

PHASE I (WEEK 0-2)

- Ankle in splint
- VenaPro and Iceman machine for pain control, healing and circulation
- Pain meds as needed

PHASE 2 (WEEKS 3-(7-10))

- Continue non weight bearing
- VenaPro and Iceman machine for pain control, healing and circulation
- Walker boot for protection
- Walker boot can be off during rest and sleep
- Start gentle foot and knee range of motion exercises

PHASE 3 (WEEKS 8 - FULL RECOVERY)

- Start gradual weight bearing, first 2 weeks in walker boot then graduate to normal shoe wear
- Start physiotherapy for gradual strengthening and proprioceptive training of lower extremities
- Gradual return to full activity