<table>
<thead>
<tr>
<th>Week</th>
<th>Physical Therapy Guidelines</th>
<th>Goals</th>
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</table>
| 0-2   | • casted or walker boot NWB  
      • education on proper crutch/walker use  
      • hip and knee range AROM  
      • rest and elevation of limb to 14 cm above the heart | • ADL’s with safe crutch/walker use  
      • Control swelling and pain |
| 2     | • 1st post-op visit at clinic and  
      • taught AROM of joints not fused  
      • remove boot 2x/day to do above exercises at home | • increase ROM at ankle  
      • increase exercise tolerance  
      • maintain hip and knee ROM  
      • safe use of crutches/walker |
| 2-10  | • walker boot NWB until week 6, then possible WBAT in boot as per surgeon’s instructions  
      • AROM at ankle  
      • core exercises – recruit transversus abdominus  
      • hip AROM/strength  
      - glut max  
      - clam shell  
      - abduction  
      - SLR  
      • joint mobilizations  
      • elevate to control swelling  
      • increase ADL’s in standing  
      • scar massage  
      • may begin swimming if wound is healed and safe to get in and out of pool  
      • begin cycling on stationary bike in boot with no resistance | • maintain ankle ROM  
      • maintain hip & knee ROM/strength  
      • safe use of crutches/walker  
      • increase mobility of scar |
| 10-14 | • wean from walker boot & increase weight bearing to full  
      • scar massage  
      • heat  
      • joint mobilizations  
      • stationary bike  
      • low level balance and proprioceptive exercises  
      • continue core hip and knee strengthening | • WBAT out of boot and into shoe  
      • Increase core hip, knee and ankle strength  
      • Safe gait with/without aid |
| 14-16 | • begin unilateral stance exercises  
      • bilateral heel raises progressing to unilateral heel raises  
      • higher level balance/proprioceptive exercises  
      • return to normal activities | • full weight bearing  
      • ambulation with no walking aid  
      **Expected Ankle ROM:**  
      DF: 10 Degrees  
      PF: 35 Degrees |
Pain and Swelling

This is a procedure which does cause a lot of swelling and pain. It is normal for the foot and ankle to be swollen up to 6-12 months post-op. Redness does not necessarily indicate infection. Significant drainage from the wound is usually a sign of infection.

Driving

If the operation is on the right foot, the patient may return to driving if they can safely demonstrate an emergency stop to someone else. Please not to ensure legality the patient should contact their local insurer.

Return to Work

Usually the patient can return to work at 4 months post-op; however, the following should be taken into consideration:

- type of work
- the surgeon’s approval
- any post-operative complications
- no patient with a total ankle should be doing a job causing impact to the joint