Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Ankle and Hindfoot Fusion
Post-Operative Protocol

0-2 Weeks
- Non-weight bearing in post-operative splint
- NO knee scooter

2-6 Weeks
- Non-weight bearing in short leg cast
- Okay to begin using knee scooter

6-8 Weeks
- Remove short leg cast, begin boot
- Progress to 50% weight bearing in boot
- Begin Open Kinetic Chain exercises
- Low resistance band work okay to begin

8-12 Weeks
- Continue use of boot
- Progress to 100% weight bearing in boot (weeks 6-10)
- Gait training in boot
- Closed kinetic chain exercises as tolerated in boot

12+ Weeks
- Transition out of boot-no bracing
- Gait training
- Functional return to activity

Revised ***