

COMPREHENSIVE PHYSICAL THERAPY

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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 \*\*\*