

**COMPREHENSIVE PHYSICAL THERAPY**

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### Sports Medicine/Foot & Ankle

### Calcaneus Open Reduction Internal Fixation Post-Operative Protocol

*Protocol will change pending wound healing.*

#### Weeks 0-2

- Non-weight bearing in plaster splint
- Crutches only, no scooter use
- Elevation, "toes over nose" for pain and swelling control

#### 2-8 Weeks

- Non-weight bearing in fiberglass cast
- Okay to begin scooter use (pending physician approval)
- Elevation, "toes over nose" for pain and swelling control

#### 8-12 Weeks

- Non-weight bearing
- Transition to boot, may wear a night splint during sleep
- Begin Physical Therapy

#### 12-16 Weeks

- Begin progressive weight bearing
  - Week one at 25% of weight, use two crutches
  - Week two at 50% of weight, may transition to one crutch
  - Week three may transition to full weight bearing in boot

#### 16 Weeks

- Wean from boot into shoe
  - Over 10-14 days, may discontinue wearing boot at home. Continue to wear the boot outside of the home.
  - After 14 days, completely discontinue boot (16-week mark)
- Progress activity per PT approval

Revised \*\*\*