

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 ***