

COMPREHENSIVE PHYSICAL THERAPY

Melinda Amato OTR/L CHT
Brandon Heyda OTR/CHT

Raymond Ryan PT/Director
Valerie Peckingham PT
Isabella Mesturini PT,DPT

Peter Ives PTA
Kirsten Perillo PTA

Megan R. Wolf, MD

Sports Medicine/Foot & Ankle

TYPE 3 TIMELINE

Post-Operative Protocol

Day of Surgery

- You will be in a splint, non-weight bearing
- You will need crutches, knee scooter, or walker
- No driving
- Cover the foot for showering

Week 1

- Office visit with the cast team for application of a cast
- Non weight bearing in a splint or cast
- Elevate for swelling
- Use crutches, knee scooter, or walker

Week 3

- Dr. McDonald visit for x-ray and assessment of early healing
- Likely transition into a removable boot
- Continue non-weight bearing
- Showering OK

Weeks 6-8

- You may begin weight bearing
- May not be comfortable full weight bearing right away
- May return to driving
- May begin physical therapy

Week 12

- Bony work should be healed
- Swelling continues to slowly diminish
- Recreational walking begins
- Patients first begin to believe this may actually work...

Months 3-6

- Gradual return to normal activities
- Return to normal shoe wear from 3-6 months
- people feel pretty well about 3-4 months after
- Improvements will continue for up to a year



Ryan S. Charette MD
 Adam Q. Ferguson DO
 Jon Dale PA-C
 Christa Beyer PA-C

Aaron S. Covey MD MBA
 Rania R. Rifaey MD
 Edward S. Gensicki DPM
 Megan R. Wolf MD

Jon C. Driscoll MD
 Hudson H. Seidel MD
 Robert C. Stockton DO



www.comcllc.com
 PH: 203.265.3280
 FX: 203.741.6569

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THINGS TO KNOW

1. You must be a fanatic about non-weight bearing for 6-8 weeks
2. The transition to weight bearing takes 6-12 weeks
3. You will remain swollen for a long time
4. OAH will be happy to provide out of work documentation for your employer
5. Most patients take a year to fully recover
6. Return to driving after right side surgery can take 6 weeks!
7. A preoperative mobility assessment with physical therapy is very helpful.