



Austin Cole, MD

Calcaneus ORIF

Post-Operative Protocol

Weeks 0-2

Plaster splint

Non-weight bearing with crutches, no scooter use

Weeks 2-8

Fiberglass cast

Non-weight bearing with crutches

- Okay to begin scooter use pending physician approval

Weeks 8-12

Begin physical therapy

Non-weight bearing

- Transition to boot, may wear a night splint during sleep

12-14 Weeks

- Begin progressive weight bearing
 - Week 12-13 at 25% of weight, use two crutches
 - Week 13-14 at 50% of weight, may transition to one crutch
 - Week 14 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
- Progress activity, avoid high impact activity thereafter for the next 6 months