



Austin Cole, MD

Foot or Ankle Fusion Post-Operative Protocol

Weeks 0 to 2:

Postoperative splint

Non-weight bearing with crutches only, no scooter

Weeks 2-6:

Short leg cast

- Non-weight bearing with crutches
 - Okay to begin using knee scooter pending MD approval

Weeks 6-8:

Remove short leg cast, begin boot

- Progress to 50% weight bearing in boot
- Begin Open Kinetic Chain exercises
- Ankle ROM as able, begin ankle strengthening
 - Ankle isometrics
 - 4 way resisted ankle
- Intrinsic foot strengthening
 - Toe curls, marble pickups, etc.

Weeks 8-12:

- Continue use of boot
- Progress to 100% weight bearing in boot (weeks 8-10)
- Gait training in boot
- Close Kinetic Chain exercises as tolerated in boot
 - Introduce step up/down progression

Weeks 12+

- Transition out of boot
 - No bracing
- Gait training
- Functional return to activity
 - Avoid high impact activity