

Rehab Protocols

Please note it takes up to one year for swelling to go away in the toe, foot, or ankle. This is to be expected.

FOREFOOT

Bunion Correction (Scarf or Chevron)

Day 0 to 2 weeks	Heel weight bearing in post op shoe
2 wks to 6 weeks	Stable toe spacer WB in short boot or post op shoe
6-12 weeks	Transition to shoe continue toe spacer in closed toe shoe until 3 months Its OK to ride a bike at 6 weeks, but no running for 12 weeks

1st MTP Fusion

Day 0 to 2 weeks	Heel WB on crutches
2-6 weeks	WBAT in short boot
6-8 weeks	WBAT in athletic shoes, no high impact exercise for 12 weeks

Hammertoe correction

Day 0 to 14	WB in post-op shoe
2-6 weeks	WBAT in post-op shoe or short boot. Initiate passive PF stretching of involved MP joints, utilize dressing or Budin splint if toes are cocking.
6- weeks	Pull pin, Transition to regular shoe as swelling allows

Plantar Plate Reconstruction

Day 0 to 2 weeks	Heel WB in post-op shoe
2-6 weeks	WBAT in post-op shoe or short boot. Initiate passive PF stretching of involved MP joints, utilize dressing or Budin splint if toes are cocking.
6- weeks	Transition to regular shoe as swelling allows

Cheilectomy

Day 0 to 14	WBAT in post-op shoe
2-4 weeks	Start PT
4 weeks	Transition to regular shoe as swelling permits

Jones Fracture

Day 0 to 14	NWB splint
2-4 weeks	PWB in CAM boot
4-6 weeks	WBAT in a CAM boot

MIDFOOT

Lapiplasty/bunion correction

Day 0 to 14	CAM boot or splint NWB
2 - 6 weeks	WBAT in a CAM boot
6-10 weeks	Wean out of boot, WBAT, increase activity, possible PT

TMT/Midfoot fusion

Day 0 to 14	Splint, NWB
2 - 6 weeks	Non-weight bearing cast
6-10 weeks	Boot, progressive weight bearing
10 – 12 weeks	Wean out of boot, WBAT, increase activity, possible PT
12 weeks	No restrictions

Lisfranc ORIF

Day 0 to 14	Splint, NWB
2 - 6 weeks	Non-weight bearing cast
6-10 weeks	Boot, progressive weight bearing
10 weeks – 12 weeks	Wean out of boot, WBAT, increase activity, possible PT, Poss arch support
12 weeks	Begin running/jumping activities
5-6 months	Consider hardware removal

Flatfoot reconstruction (FDL Tx, MDCO, etc)

Day 0 to 14	Splint, NWB, Neutral flex, slight inversion
2 - 6 weeks	Non-weight bearing cast
6 – 12 weeks	Boot, progressive weight bearing, start PT
10 to 12 weeks	Wean out of boot, WBAT, increase activity

HINDFOOT

ORIF calcaneus

Day 0 to 14	Splint, NWB
2 - 6 wks	NWB in cast or CAM boot
6- 8 to 12 wks	Boot, ankle ROM, progressive weight bearing, start PT
12 - 16 wks	Wean out of boot, WBAT, increase activity, no running/jumping
16 weeks	Increase activity to tolerance

Subtalar fusion

Day 0 to 14	Splint, NWB
2 - 6 wks	Non-weight bearing cast
6 - 10 wks	Boot, ankle ROM, Progressive WB
10 - 16 wks	Wean out of boot, WBAT, increase activity, possible PT, no running/jumping
16 weeks	Increase activity to tolerance

Triple/double fusion

Day 0 to 14	Splint, NWB
2 - 6 wks	Non-weight bearing cast
6 - 10 wks	Boot, ankle ROM, NWB
10 - 16 wks	Wean out of boot, WBAT, increase activity, possible PT, no running/jumping
16 weeks	Increase activity to tolerance

Achilles repair/ Insertional Achilles Reconstruction

Day 0 to 14	Plantarflexion splint, NWB, consider leaving stitches in 3-4 wks
2 - 4 wks	WB in 2 heel lifts & initiate gentle ankle ROM
4 - 8 wks	Boot with 2 heel lifts, progressive weight bearing; peel off layer every 2-3days with goal of being WBAT flat in boot at 6 wks post-op; maintain boot until 8 wks post-op; start PT protocol at 6 wks
8 - 12 wks	Wean out of boot, WBAT
12 - 16 wks	increase activity level; no running/jumping
16 wks	Begin higher impact activity (running/jumping)

ANKLE

Arthroscopic debridement, synovectomy, &/or exostectomy

Day 0 to 14	NWB boot
2 - 4 wks	WBAT in boot; ankle ROM exercises
4 - 6 wks	Wean out of boot

6 - 10 wks	Increase activity, PT for ankle ROM if needed, no running/jumping
10 wks	Continue increasing activity to tolerance

OCD debridement/microfracture

Day 0 to 4 weeks	Splint, NWB
4 - 6 wks	WBAT in boot; NWB ankle ROM exercises out of boot
6 - 8 wks	Wean out of boot, WB ankle ROM exercises
8 - 12 wks	Increase activity, PT for ankle ROM if needed, no running/jumping
12 weeks	Continue increasing activity to tolerance

Brostrom or Peroneal Repair/Reconstruction

Day 0 to 14	Splint, NWB
2 - 4 wks	WBAT in boot (Gross) or cast (Scott)
4 - 6 wks	WBAT in boot, ankle ROM
6 - 12 wks	Wean out of boot, ASO ankle brace, PT for ankle ROM/strengthening, no running/jumping
12 wks	Continue increasing activity to tolerance

Bridle procedure or Tibialis anterior repair/reconstruction

Day 0 to 14	Splint, NWB
2 to 6 wks	WBAT in SLWC
6 to 10 wks	Progressive WB in boot; ankle ROM exercises
10 to 16 wks	Wean out of boot, ASO ankle brace if needed, PT for ankle ROM/ strengthening, no running/jumping
16 wks	Continue increasing activity to tolerance

Ankle fusion

Day 0 to 14	Splint, NWB
2 to 6 wks	NWB in SLC
6 to 12 wks	Start progressive WB in boot if XR looks good
12 to 16 wks	Wean out of boot if XR shows good fusion, ASO ankle brace if needed for additional support
16 wks	Increase activity as tolerated

Total Ankle Replacement

Day 0 to 14	Splint, NWB
2 to 6 wks	WB in CAM boot or cast
6 to 8 wks	Start ankle ROM exercises, start PT, wean out of boot
12 wks	Increase activity as tolerated

Total Talus Replacement

Day 0 to 14	Splint, NWB
2 to 6 wks	NWB in boot, start ankle ROM exercises
6 to 8 wks	WBAT in a boot, PT for ankle ROM
8 to 12 wks	Wean out of boot

Ankle ORIF (protocol may vary based on type of ankle fx. Important to take into account type of fracture, quality of fixation, and degree of healing)

Day 0 to 14	Splint, NWB
2 to 6 wks	NWB in SLC or CAM boot
6 to 10 wks	Start progressive WB in boot if XR looks good
10 to 14 wks	Wean out of boot, ASO brace if needed, PT for ankle ROM/strengthening if needed
14 wks	Increase activity as tolerated

Frame

Day 0 to 14d	TDWB for transfers
2 to 6 wks	WBAT in frame
6 to 12 wks	WBAT

Abbreviations:

NWB: non-weight bearing

WBAT: weight bearing as tolerated

WB: weight bearing

SLWC: Short leg walking cast

SLC: short leg cast