



ANKLE FUSION

Postoperative Protocol following Ankle Fusion



Orthopedics

WEEK 0-2

- Splinted after surgery
- Education of proper crutch/scooter use (NWB)
- Hip and knee AROM
- Rest, Ice and elevation of limb often to control swelling and pain

WEEK 2-6

- Sutures removed and short leg cast applied
- Continue crutch/scooter use (NWB)
- Hip and Knee AROM
- Rest and elevation of limb often to control swelling and pain

WEEK 6-8

- Transition to walker boot, NWB
- Start light AROM in all planes at ankle
- Manual therapy and modalities as needed for pain and mobility

WEEK 8

- WBAT in walker boot, as per surgeon's instructions
- Scar massage
- Begin isometric strengthening
- CT scan to confirm fusion

WEEK 12

- WBAT without boot
- Begin cycling without resistance
- Add resisted strengthening
- Progress WB strengthening
- Low level balance and proprioceptive activities

WEEK 16+

- Return to normal activities, sports as cleared by physician