



POSTOPERATIVE PROTOCOL FOLLOWING ANKLE FUSION

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