



Total Ankle Replacement
 Dr. Vincent Vacketta
 Midwest Orthopaedic Center — Peoria, IL

	WEIGHT BEARING	ROM	EXERCISES
Phase 1a: 0-1 weeks Post-op	NWB PO Splint; Crutches, walker, scooter	Ankle - none; AROM of Hip/knee	Quad sets, glute sets
Phase 1b: 1-4 weeks Post-op	NWB CAST; Crutches, walker, scooter	Ankle - none; AROM of Hip/knee	Quad sets, glute sets, 4-way SLR
Phase 2: 4-6 weeks Post-op	NWB in boot until week 4 Begin 25% WB gait progressions at week 4 FWB in boot by week 6 Use something for contralateral leg-leveling for gait. Remove boot for sleep, hygiene, and therapy	Ankle AROM as tolerated NO PROM into IV/EV or past 5° DF **Will vary if tendon transfer performed**	Formal therapy to begin when patient transitions to boot Patient may initiate aquatic therapy in week 7 if incision is healed (or protect incision with Tegaderm) at 75% WB Ankle AROM, ankle isometrics, Bicycle/Nustep, standing weight shifts in boot, gait training, Leg press/Shuttle in boot, seated heel raises, seated heel slides; Intrinsic strength; Core strengthening, Open chain hip and knee strengthening; gentle calf STM, scar mobilization, edema massage, < Grade IV talocrural, mid-foot and forefoot mobilizations.
Phase 5: 6-12 Week post-op	May wean boot into shoe, WBAT. Wean A.D.	ROM goals: 10 DF 35 PF	Begin Ankle PRE's (theraband), double calf raises, Leg press out of boot, stair training, balance and proprioceptive activities; Gait training, treadmill,
Phase 6: 12-20 weeks	FWB all surfaces	5/5 ankle strength	Increase single leg activities, gait training over uneven surfaces, advanced proprioception/ balance activities. *Avoid high impact activities

Please send PT progress notes prior to each MD appt.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see PT referral for any specific post op instructions, **** especially tendon transfers****

Call 309-689-7007 for rehab questions; Call 309-691-1400 x2268 for nursing questions