



Ankle and Foot Fusions Rehabilitation Protocol

Weight Bearing:

- Strict non-weight bearing in cast or splint for 8 weeks after surgery (crutches or knee roller).
- Advance to weight bearing 25% per week thereafter in boot. (Boot off in bed)

Brace Use:

- Weeks 13-14: Boot for work/school/outdoors. Modified shoe in house.
- Ankle Fusion: Rocker sole or metatarsal bar for shoes.
- Midfoot Fusion: Stiff-soled shoes or metatarsal bar.

Modalities

- As needed to improve edema and pain control first 2 weeks in therapy. Cryotherapy after sessions

Range of Motion

- Intrinsic mobilization after first 6 weeks.
- Ankle Fusion: Subtalar motion after 8 weeks.
- Midfoot Fusion: Ankle and subtalar motion after 8 weeks.

Proprioception

- Progress as tolerated.

Home Exercise Program:

- Transition over to home exercise program, when appropriate.

NOTE: The rate that fusion occurs differs between people. This protocol may be enhanced or delayed depending on radiographs and pain. If a patient you are working with has pain or swelling in the area of the fusion, **please stop therapy** and place on crutches until radiographs can be obtained.

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