



Total Ankle Arthroplasty Rehabilitation Protocol

Operative

- Bi-valve cast, NWB x 3 weeks

CLINICAL: 3 weeks: stitches out (if ready), CAM Boot x 3 weeks knee scooter. PT - when wound is healed

- After Wound healed - home dorsiflexion/plantarflexion activities

THERAPY: (3-6 weeks)

- Progressive WB progression - Week 3 (1/3 weight), Week 4 (2/3 weight), Week 5 (full WB)
- Active range of motion 2 planes (DF/PF)
- Active ROM of Toes – Towel Crunch/Marbles etc.
- Swelling protocol (3 times daily wraps, massage, RICE)
- Achilles stretching
- Hip and knee AROM, NWB strengthening

CLINICAL: 6 weeks - CAM boot WBAT with graduation to ASO at home, Xrays in office or remote

THERAPY: (6-9 weeks)

- Achilles stretching and strengthening
- Active range of motion and strength 4 planes (DF/PF/INV/EV)
- Gait training
- Swimming/ stationary cycling
- Scar Massage

CLINICAL: 9 weeks - Progressive out of ASO as tolerated

THERAPY: (9-12 weeks)

- Scar massage • heat • joint mobilizations
- Stationary bicycle
- gait training
- **Low level balance and proprioceptive exercises**
- **Strengthening in eversion may commence**
- **At 12 weeks** – Linear exercise commencement except running

THERAPY: (12-14 weeks)

- High level balance/proprioceptive exercises
- No running or high level impact with arthroplasty. Lifetime restriction