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FOR PATIENTS

Recovery at a glance:

- **No casting during recovery**
- **Immediate weight bearing in a boot**
- **Follow up 2 weeks post-op for suture removal and x-rays**
- **Follow up 6 weeks post-op for x-rays. Transition into regular shoe wear and begin physical therapy if needed.**
- **Return to sport / activity 8 to 12 weeks post-op.**

FOR PHYSICAL THERAPISTS

Detailed recovery / rehabilitation protocol:

Phase I: Weeks 1-3

Goals

- Rest and recovery from surgery
- Control swelling and pain
- Gradual increase of ADL (activities of daily living)

Guidelines

- Non-weight bearing 2 weeks post-op
- May rest foot down when standing or sitting
- Begin ankle motion as tolerated
- Hip AROM: lying and standing
- Knee AROM: lying and standing
- Ankle AROM: seated only

Phase II: Weeks 3-6

Goals

- Maintain hip and knee ankle ROM
- Improve core, hip and knee strength
- Gradual increase weight bearing with boot at 2 weeks after surgery (as directed by surgeon or staff)

Guidelines

- Progressive weight bearing in walker boot
- Shower when wound healed
- Massage of foot to decrease edema (light massage start from toes and work towards ankle)
- Control swelling with elevation
- Core and whole body exercises and strengthening
- AROM ankle and gentle resistance band strengthening with dorsiflexion limited to first point of resistance
- May begin swimming, biking, low impact exercise

Phase III: Weeks 7-10

Goals

- Full weight bearing regular shoe at 6 wks
- Swelling control with elevation and modalities as required

Guidelines

- AROM at ankle: PF (plantar flexion), inversion/eversion, DF (dorsiflexion) to first point of resistance
- Manual mobilization of foot as required
- Gentle mobilization subtalar joint
- Try to control knee hyperextension (knee hyperextends to compensate for lack of DF at ankle)
- Strengthening calf / hindfoot / ankle

Phase IV: Weeks 10 +

Goals

- Sport / recreation / activity specific rehabilitation

Guidelines

- Theraband: inversion/eversion, DF
- ROM exercises
- Gentle calf stretches
- Manual mobilization as required
- Calf press and leg press
- Proprioceptive exercises

- Single leg support
- Progress to wobble board
- Gait retraining
- Swimming
- Stepper
- Eccentric drops
- Progress to advance dynamic drills 16 + weeks
- hopping – skipping – progress to sport specific drills 16 + weeks

Questions - Please call:



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