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TOTAL ANKLE REPLACEMENT PROTOCOL

The following protocol should be used as a guideline for rehabilitation progression, but may need to be altered pending the nature and extent of the surgical procedure, healing restraints or patient tolerance.

- Patient will be TTWB-NWB with appropriate assistive device or knee scooter, in a posterior splint for the first 10 days followed by a lower leg cast for an additional 3-4 weeks.
- At week 5-6, patient will be WBAT in a walking boot with appropriate assistive device.
- May begin outpatient physical therapy 6 weeks postop as allowed by MD.

PT Phase 1: (6 weeks postop)

- Open chain AROM with no resistance in all planes as tolerated
- Gastroc and Soleus stretching
- Hamstring, Quadriceps and Piriformis stretching
- Seated knee extensions (LAQ)
- Standing hamstring curls
- Standing weight shifts/axial loading out of the boot
- Scar care PRN

PT Phase 2: (8 weeks postop)

Continue with previous exercises and add:

- Start weaning from the boot on level surfaces, gait training with appropriate assistive device
- Working towards SLB out of the boot as tolerated
- Seated ROM board
- Core OKC hip strengthening
- Add resistance to AROM in all planes
- Begin cycling on stationary bike
- Scar mobilization PRN

PT Phase 3: (10 weeks postop)

Continue with previous exercises and add:

- Gait training without assistive device
- Progressive LE strengthening as tolerated (PRE's, swimming, cycling)

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PT Phase 4: (12-16 weeks postop)

- More advanced SLB/Proprioceptive retraining (Rebounder, Sport Kat, Therapad, etc)
- Bilateral heel raises, progressing to unilateral
- Focus on return to normal strength, ROM, and function