Splint 15 degrees plantar Flexion X 2 weeks
   **Strict NWB; No ROM**

Evaluate wound 2 weeks postop; if OK, transition to walker boot with ½ inch heel lift, gradually increase weight bearing to full over next two weeks.

**POD 15-28: Active** dorsi-flexion to neutral, then gradually increase to full over the next 4 wks

**Passive** plantar flexion to full, begin POD 15, begin active plantar flexion with NO resistance POD 29

POD 43: Begin Cord resisted plantar flexion; also begin stationary bike without resistance

Heel-rise with Bilateral toes on stairs: begin two months PO; Also may add some mild resistance on stationary bike

Weights begin 3 months PO

Normal shoe-wear at 6 wks PO with small heel-lift until dorsi-flexion full.

2 Months: Swim
3 months: Jog; golf; Bike on level ground
4 months: Run; Return to tennis, Mountain bike
5-6 Months: Return to football, basketball or soccer