Postoperative Protocol for Rehabilitation following Total Ankle Replacement
Dr Gueramy 4/2018

DOS:_____________________

Week 0-2
-Casted in a bulky Jones Cast
-Education on proper crutch/scooter use (NWB)
-Hip and knee AROM
-Rest and elevation of limb often to control swelling and pain

Week 2-6
-Place in fiberglass short leg cast
-Continue crutch/scooter use (NWB)
-Hip and knee AROM
-Rest and elevation of limb often to control swelling and pain

Week 6-8
-Transition to walker boot, NWB
-Manual therapy and modalities as needed for pain and mobility

Week 8
-WBAT in walker boot, as per surgeon’s instructions
-Scar massage
-AROM in all planes at the ankle

Week 12
-WBAT without boot
-BEGIN cycling without resistance
-Add resisted strengthening
-Progress WB strengthening
-Low level balance and proprioceptive activities

Week 16+
-Return to normal activities, sport, as cleared by physician