

Post-Op Charcot Arthropathy Reconstruction

Phase 1 (0-8-12 weeks)

Splint and NWBing for 2 weeks followed by cast for 4-8 additional weeks

- may do toe flex/extension of toes in cast/splint
- Elevation at or above heart level (no dependent position for >10 minutes for first 2-3 weeks)
- May do hip exercises immediately (hip 4-way exercises)
- May do knee extensions sitting and flexion on stomach (at 2 weeks)

8 weeks

- May begin DF/PF/IN/EV AROM
- Gently stretching activities may be initiated
- May begin gentle biking with gentle resistance

Phase 2 (3-6 months)

- Once cleared for weightbearing....begin in CAM boot:
25% for 7-10 days, then 50% for 7-10days, then 75% for 7-10 days, then 100% in boot at 4-5 weeks...Once FWBing in CAM boot for 1-2 weeks, may D/C CAM boot....into protective shoes/inserts