

## **Post-Op Midfoot Fusion**

### **Phase 1 (0-4 weeks)**

- Splint...NWBing for first 2-3 weeks...Can start to heel WB when cleared to do so once wounds are healing well
- Elevation for first 7-10 days at or above heart level
- May do toe flexion/extension exercises in the cast
- Can do hip and knee exercises after first 7-10 days

### **Phase 2 (4-8 weeks)**

- Begin AROM to the ankle: dorsiflexion/plantarflexion/inversion/eversion
- May begin WBin at 4-6 weeks if wounds healed
- Prosthetic shoe filler when swelling subsides