

## **Post-Op Total Ankle Replacement**

### **Phase 1: (0-2 weeks)**

- Splint, NWBing
- Strict elevation at or above heart level
- No pressure on anterior wound
- post-op check at 1 week

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

- Continue elevation
- Splint converted to CAM boot or cast
- NWBing for 7-8 weeks
- May begin ankle AROM at 5-6 weeks
- Toe flexion/extension at 2 weeks
- Hip raises x4

### **Phase 3: (2-4 months)**

- May begin WBing at 7-8 weeks based off of syndesmosis fusion on x-ray: 25% for 7 days, 50% for 7 days, 75% for 7 days, then 100% for 7 days in CAM boot, then D/C the boot
- Progressive ambulation/balance/proprioceptive activities at 3-4 months