

Post-op Triple Arthrodesis

Phase 1 (0-8 weeks)

- NWBing to the operative side
- Initial splint replaced by a cast for this entire phase
- May flex/extend toes in splint/cast
- Can perform hip exercises starting at 2 weeks
- Strict elevation at or above heart level for first 2 weeks

Phase 2 (8-12 weeks)

- May be converted from cast to CAM boot
- Begin AROM of ankle (DF/PF) only.....No IN/EV active or passive
- Stretching to Achilles, gastrocnemius
- Knee and hip strengthening and stretching activities
- Intrinsic strengthening

Phase 3 (3-5 months)

- May begin gradual WBing in CAM boot when instructed....(start at 12 weeks)
- 25% WBing for 1 week, then 50% WBing for 2nd week, then 75% WBing for 3rd week, then 100% WBing in 4th week. Can FWB in CAM boot for 1 additional week and then may D/C CAM boot use