



Name: _____

Date: _____

POST PROCEDURE PROTOCOL FOR ANKLE/FOOT PROCEDURES

- **No NSAIDS** such as Advil, Motrin, ibuprofen, Naprosyn, and Aleve x 2 weeks
- **Pain:** Tylenol for mild pain and if needed use mild narcotic provided
- **Driving restrictions:** No driving until out of boot and can safely move from gas to brake. If left foot/ankle, must be able to safely use clutch.
- **Work restrictions:** Depends on duration of weightbearing restrictions
- **Exercise restrictions:** 2 weeks relative rest followed by 4 weeks progressive PT. **No running, cutting, jumping, lunges or deep squats until 8 weeks.**

- Use crutches for _____ days, non-weightbearing for _____ days
- May begin partial weight bearing **WITH** crutches from days _____
- Use boot, with / without heel lift for _____ weeks
- Use stirrup ankle brace for 3-4 days continuously then 4-6 weeks when on feet
- Come out of the boot for simple non-weight bearing range of motion 1-2 times daily after the first 2 days of continuous boot wear
- f/u for PT in 5-7 days

Activities: In general, with strength and activities, keep pain level below 4/10.

First 2 Weeks:

-Use crutches as directed above.

-**Strengthening/Motion:** Isometrics always good. Non-weightbearing and passive range of motion is good too. Try to get full range of motion by 2 weeks.

-**Walking:** No hiking. Once allowed to bear weight, may walk on flat ground initially for 10-15 minutes. If this goes well, may walk 5 minutes longer the next day.

-**Cycling:** May do gentle ride on stationary bike for 10-15 minutes after week 1. Exertion level 1-3/10.

-**Swimming:** May use pull buoy after week 1 alternating with GENTLE kicking.

Weeks 2-4:

-**Strengthening/Motion:** Start low load closed chain concentric/eccentrics with PT.

-**Walking:** May begin gentle hiking on even surfaces (no more than 30 minutes).

-**Cycling:** May ride up to 30 minutes. No getting out of the saddle til after week 4. Exertion level 4-6/10.

-**Swimming:** Increase kicking intensity alternating with pull buoy. Swim ½-1 mile.

Weeks 4-6:

-**Strengthening/Motion:** Progress to moderate load, progressive strengthening.

-**Walking:** May progress to longer hikes up to 60 minutes, still no jumping. Can add mildly uneven surfaces now.

-**Cycling:** May ride up to 60 minutes. May get out of saddle. Exertion level 7-9/10 during intervals.

-**Swimming:** May swim up to 1-2 miles now. Still encourage breaks with buoy.