

## FOOT OR ANKLE FUSION

### Post-Operative Protocol

#### Weeks 0 to 2:

- Non-weight bearing in post-operative splint
- NO knee scooter

#### Weeks 2 to 6:

- Non-weight bearing in short leg cast
- Okay to begin using knee scooter

#### Weeks 6 to 8:

- Remove short leg cast, begin boot
- Progress to 50% weight bearing in boot
- Begin Open Kinetic Chain exercises
- Low resistance band work okay to begin

#### Weeks 8 to 12:

- Continue use of boot
- Progress to 100% weight bearing in boot (weeks 6-10)
- Gait training in boot
- Close Kinetic Chain exercises as tolerated in boot

#### Weeks 12+:

- Transition out of boot-no bracing
- Gait training
- Functional return to activity

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