



REHABILITATION GUIDELINES FOR TOTAL ANKLE REPLACEMENT

PHASE I (WEEKS 2-4)

DATES:

Appointments	MD appointment at (10-14 days post-op) Begin physical therapy (2 weeks post-op 2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Ankle ROM • Edema control • Pain control • Protect lateral incision in CAM boot
Precautions	<ul style="list-style-type: none"> • NWB x 4 weeks with CAM boot • PROM ankle dorsiflexion/plantarflexion only
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Ankle AROM/PROM DF/PF only • Quad/hamstring stretching • Open chain quad and hamstring strength • 4-way open chain hip strength
Cardiovascular Exercises	<ul style="list-style-type: none"> • Seated UBE warm-up
Progression Criteria	<ul style="list-style-type: none"> • Pain controlled • Swelling controlled to moderate levels

PHASE II (WEEKS 4-6)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Gain full ankle ROM in DF/PF only • Start gentle foot/ankle muscle activation • Full WBAT in CAM boot
Precautions	<ul style="list-style-type: none"> • .PWB progressing to WBAT by 6 weeks in CAM boot

Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Foot intrinsic ex's • Ankle isometrics start at 4 weeks • Ankle AROM in DF/PF only
Cardiovascular Exercises	<ul style="list-style-type: none"> • Walking in pool/aquatic therapy • Stationary Bike
Progression Criteria	<ul style="list-style-type: none"> • Full ankle ROM in DF/PF • Full weight bearing with no AD needed in CAM boot

PHASE III (WEEKS 6-8)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Normalize gait pattern without CAM boot • Gain full ankle ROM in all planes • Ankle strength • Bilateral balance
Precautions	<ul style="list-style-type: none"> • Begin AROM ankle inversion/eversion but no strength x 8 weeks (isometrics ok)
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Band strength for ankle DF/PF • Gait training • Step up/down • Bilateral balance/proprioception activities • BAPS board for ankle ROM
Cardiovascular Exercises	<ul style="list-style-type: none"> • Stationary Bike • Swimming • Walking
Progression Criteria	<ul style="list-style-type: none"> • Normal gait pattern • Full ankle ROM all planes

PHASE IV (WEEKS 8-12)

DATES:

Appointments	Continue physical therapy (1-2x week)
Rehabilitation Goals	<ul style="list-style-type: none">• Walking on all terrain (hills and uneven ground ok)• Normal stairs with alternating step pattern• Single leg balance/proprioception
Precautions	<ul style="list-style-type: none">• No running x 12 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none">• Standing calf raises• Squats• Single leg balance/proprioception activities• Eccentric ankle strength all planes
Cardiovascular Exercises	<ul style="list-style-type: none">• Walking, hiking, biking, swimming• No running x 12 weeks
Progression Criteria	<ul style="list-style-type: none">• Return to sport test prior to cutting motions for sports

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