

## Ankle Arthrodesis Protocol

Dr. Eric Caporusso, DPM

(applies to talonavicular, sub-talar and triple arthrodesis)

Patient \_\_\_\_\_

Chippewa Valley Orthopedics & Sports Medicine

DOS \_\_\_\_\_

1200 OakLeaf Way, Suite A  
Altoona, WI 54720

757 Lakeland Drive, Suite B  
Chippewa Falls, WI 54729

WEEKS 1-2	WEEKS 3-4	WEEKS 5-8	WEEKS 8-12	WEEK 13+
<p>NWB Large splint in place</p> <p>Heel Slides</p> <p>Quadricep Sets</p> <p>Gluteal Sets</p> <p>Hip and Knee Open Chain Strengthening</p> <p><b>Compressive stocking as needed for swelling control.</b></p> <p><b>Physical therapy is initiated early to promote blood flow and healing as well as decrease swelling and pain. This should allow for a steady progress of exercise, gait and balance.</b></p>	<p>NWB in CAM boot</p> <p>Initiate PT, 2-3x/week for edema, decongestive massage, pain control and exercise.</p> <p>Start gentle AROM dorsiflexion plantarflexion toe curls</p> <p>UBE</p> <p>After stitches are removed, start gentle scar mobilization.</p>	<p>NWB in CAM boot with WB advanced per MD based on x-ray.</p> <p>Continue with edema control</p> <p>Start gentle AROM Inversion Eversion</p> <p>Dorsiflexion stretch with belt</p> <p>Scar mobilization</p> <p>Ankle isometrics Inv, Ev, DF, PF</p> <p><b>When WB increases:</b> Bike Sitting, partial WB out of boot BAPS board Plantar flexion Dorsiflexion</p> <p>Weight shifts</p>	<p>WBAT, in boot initially, moved to ASO in supportive shoe by MD.</p> <p>Okay to be out of ASO in clinic.</p> <p>Progress ROM. Avoid stressing the joint.</p> <p>Progress strengthening of Quad, Hamstring and Hip groups</p> <p><b>If X-ray is showing fusion, Dr. Caporusso will write a prescription for advancement to strengthening and balance.</b></p> <p>Total Gym, double leg, low level or double leg press low weight</p> <p>Resistive tubing and manual resistance Inv, Ev, DF, PF</p> <p>Gait activities</p>	<p>Lateral and front step-ups</p> <p>Double leg balance/proprioception</p> <p>Wall squats/ sits</p> <p>Standing BAPS board</p> <p>Single leg stance</p> <p>Address functional activity demands.</p> <p>Avoid highly repetitive stresses and high impact loading.</p>
<p>Any Questions? Please contact: <b>Northwoods Therapy Associates</b> Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p>		<p><b>Please note: Full ROM may not be achieved. The goal of this procedure is to stabilize the foot, reducing pain and future dysfunction. Requesting the surgical report will give you the exact location of the arthrodesis. Protect this area.</b></p>		