

Total Ankle Arthroplasty Protocol

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- A. 0-2 weeks post-op
 - 1. NWB status with proper AD
 - 2. Splint Immobilization
 - 3. Frequent elevation and cryotherapy

- B. 2-4 weeks post-op
 - 1. WBAT with proper AD
 - 2. CAM boot Bracing
 - 3. Continue cryotherapy and elevation as needed
 - 4. Exercise
 - a. Frequent AROM
 - b. Frequent gentle LLLD passive stretches for Gastroc and anterior structures
 - c. Isometric strength work advancing to PRE OKC and CKC work
 - d. Begin with low level balance/proprioceptive exercise and advance as tolerated
 - e. Non-impact cardio

- C. 4 weeks post-op
 - 1. Wean from AD following standard weaning criteria

- D. 6 weeks post-op
 - 1. Wean from CAM boot, consider soft bracing such as ASO by MedSpec