

# 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