

## TOTAL ANKLE REPLACEMENT: POSTOPERATIVE PROTOCOLS

### WEEK 0 - 2:

- Your leg will be in a non-removable plaster splint
- Keep your foot elevated above the level of your heart
- Keep your splint dry
- STRICT NON WEIGHT BEARING
- Leg lifts in bed

### WEEK 2-6:

First postoperative visit to check your surgical incision and take out your stitches

- If wound has healed you will be placed in a removable boot
- Scar massage
- Swelling control (compression stocking)
- Can have foot flat on the ground when standing but no walking on foot

Keep boot on **AT ALL TIMES** except for showers and to move your ankle up and down 5 times/day

### WEEK 6-10:

Second postoperative visit to repeat x-rays and advance your weight bearing. **IF X-RAYS ARE OK** I will allow you to start the progressive weight bearing protocol

- 25% body weight x 1 week
- 50% body weight x 1 week
- 75% body weight x 1 week
- 100% body weight x 1week

- Wear boot for weight bearing only, can discontinue at night and when at rest
- Swimming and stationary bike
- Continue with compression stocking

### WEEK 10-14:

- Start weaning out of boot - practice standing, weight shifting and small periods of walking without the boot, gradually increase time and distance to be completely out of boot by 10-12 weeks
- Gait training
- Proprioceptive training (balance)
- Continue with compression stocking

### WEEK 14-16

Third postoperative visit to repeat x-rays and make sure you are progressing with rehab

- Bilateral heel raises progressing to unilateral heel raises
- Continue with compression stocking

### WEEK 16+

- Return to normal activities

***- I WILL SEE YOU AT 6 MONTHS POST OP AND THEN YEARLY TO KEEP AN EYE ON YOUR ANKLE***

***NOTE: WITH A TOTAL ANKLE YOU CANNOT RUN/JOG OR PLAY CONTACT SPORTS - THIS IS A LIFELONG RESTRICTION***

**PAIN AND SWELLING**

This procedure can cause a lot of swelling. It is normal for the foot and ankle to be swollen for up to 6-12 months after surgery. A compression stocking worn during the day can be quite helpful.

**DRIVING:**

You may drive if surgery is on the LEFT when you are off narcotics and if your car is an automatic. If surgery is on the RIGHT you can drive when you are full weight bearing without aids. **YOU CANNOT DRIVE WHILE YOUR FOOT IS IN A WALKING BOOT.**

**RETURN TO WORK**

NO EARLIER THAN 3-4 WEEKS for a desk job, 4-6 months for a job that requires significant standing

***\*\*\* Please note if you have had other procedures in addition to your total ankle there may be alterations to this protocol***