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## **Total Ankle Replacement Rehab Protocol**

### **Weeks 0-2**

- Non-weight bearing in a splint- use knee scooter.
- Edema management with elevation of surgical ankle above heart

### **Weeks 2-4**

- Transition to boot per MD - continued use knee scooter to minimize weight bearing.
- Begin physical therapy with focus on ankle ROM, LE/core strengthening per precautions, simple weight shifts in boot.
- Continue to focus on edema management.
- Remove boot to complete weight bearing deep knee bends x 5 twice a day.

### **Weeks 4-6**

- WBAT in the boot.
- Continue above exercises.
- Progress simple stretching, LE strengthening, gait training, and proprioception/balance exercises.

### **Weeks 6+**

- Wean out of boot into supportive shoe after week 6 per MD.
- Cycling on stationary bike.
- Manual therapy to improve foot joint mobility and scar mobility as needed,
- Progress proprioception/balance exercises in regular shoe.
- Progress gait training in normal shoe with goal to have regular ambulation in shoe by week 10-14.
- Activity and exercise progression per physical therapist guidance.

**Goals:** Alleviate pain and improve ankle joint alignment