



Curtis Bush, MD
817-878-5300

General considerations

- Patient will be walking with crutches non-weight bearing until most of the swelling resolves.
- Patient may be in a removable boot after surgery for a week or two at the direction of the physician.
- Elevate leg above the heart as much as possible to control swelling and inflammation.
- No impact or cutting exercises/activities for 6 weeks post-op.

Week 1:

- Start gentle ankle active range of motion immediately post-op.
- Gait training with crutches to minimize compensations and to reinforce weight bearing status on the surgical leg as necessary.

Exercises:

Toe curls and toe spreads

Quad-sets with straight-leg raises

Gluteal sets

Well-leg biking

Upper body training

Week 2- 6:

- Progress to weight bearing as tolerated with assistive device as needed guided by pain and swelling and the physical therapist.
- Soft tissue treatments for swelling, mobility and healing.
- Exercises: Bike, core exercises, balance activities when indicated.
- Foot and ankle stretching and theraband exercises to regain full ROM and strength.

Weeks 6 - 8:

- Increase functional weight bearing exercises and activities. Avoid jumping and rapid changes in direction.
- Continue with foot and ankle joint mobilizations.

Weeks 8 and beyond:

- Start sport-specific training.
- Increase the intensity of strength, balance, coordination and functional training for gradual return to activities and sports.
- Return to specific sports is determined by the physical therapist through functional testing specific to the targeted sport.