



Post-Op Ankle ORIF Guidelines

Curtis Bush, MD Melanie Cobb, PA-C Phillip Woessner, PA-C

of weeks PO

_____ Non-weight-bearing: No weight is placed on the involved foot

_____ Transition to walking boot

_____ Begin physical therapy

_____ Progressive weight-bearing: Begin placing some weight on the involved foot

If using crutches: begin by bearing 25%-50% of your weight through the involved foot when walking. From here, transition to 75% weight, then eventually bearing 100% of your weight through the involved foot without using crutches. **Progress weight-bearing based on pain.**

If using knee scooter: begin bearing 100% of your weight through involved foot for short distances. We recommend beginning this around the house. Once comfortable, try walking longer distances. **Progress weight-bearing based on pain.**

_____ Full-weight-bearing: 100% of your weight is placed on the involved foot

_____ Transition to shoe

_____ Transition to ankle brace (with shoe)

Note: As you begin to bear more weight through the involved foot, it is normal to experience an increase in pain and/or swelling after prolonged walking. We recommend treating this with rest, ice, compression, and elevation.