



THERAPY PROTOCOL ANKLE REPLACEMENT

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Below are only guidelines. Final determinations will be based on your personal needs and lifestyle.

PHASE 1 GOALS:

PT to begin post-op week 2

ROM, gentle strength progression, minimize atrophy

- Progression from PWB to FWB in CAM walker. No assisted devices at 10 weeks
- PROM, AROM, RROM
- Stretching
 - gentle passive stretching of gastroc/soleus
- Strengthening
 - stationary bike
 - isometrics
 - light Theraband
 - seated heel raises
 - SLR x4
- Neuromuscular re-education
 - seated balance board
- Manual techniques
- Modalities

PHASE 2 GOALS:

Week 6+

Full ROM (pre-op + 10-20 degree or df 10 degrees/ pf 20-30 degrees), strength progression, normal gait

- Progression to FWB without CAM boot
- PROM, AROM, RROM
- Stretching
 - Standing gastroc/soleus stretch at 11-12 weeks
- Strengthening
 - Progress Theraband
 - Step up progression
 - Step down at 11-12 weeks
 - Total gym squats
 - TM walking progression **if indicated
- Neuromuscular re-education
 - balance board bilateral LE **if indicated
 - SLS **if indicated
- Manual techniques
- Modalities as needed