



## THERAPY PROTOCOL CALCANEUS AND TIBIA PILON FRACTURE

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

**PHASE 1 & 2** PT to begin post-op week 2 – week 5

**GOALS:** Pain management, protection / ROM, quad atrophy minimization, scar mobility

- Weight bearing- pending x-ray
  - NWB 8-12 weeks
- AROM, PROM to patient tolerance
  - seated balance board
  - towel scrunches/ marble pick up
- No Strengthening
- Manual techniques
  - soft tissue mobilizations
  - milking massage
- Modalities
  - electrical stimulation
  - cold pack

**PHASE 2** Week 6+

**GOALS:** *Symmetrical dorsiflexion, normal gait, strength progression*

- Weight bearing
  - NWB 8-12 weeks, progress to FWB with physician clearance
- AROM, PROM to patient tolerance
  - theraband
- Strengthening
  - light resistance in NWB -- clarify with MD
  - Once cleared for FWB, begin WB strengthening to patient tolerance
    - balance board
- Manual Techniques
  - soft tissue mobilizations
  - joint mobilizations
- Modalities
  - electrical stimulation
  - cold pack