

## PROTOCOL

# Post-Op



*It can take up to a year for the swelling to go away in the toe, foot or ankle. This is normal and expected.*

### Forefoot

Bunion (MIS)	
0–2 weeks	WBAT on heel in post-op shoe. Dressing stays on. Crutches for balance.
2–6 weeks	WBAT on heel in post-op shoe with toe spacer/tape. Daily dressing change.
6+ weeks	Transition to supportive athletic shoes. Can remove toe spacer/tape. Increase activity as tolerated.

First MTPJ Fusion	
0–2 weeks	WBAT on heel in post-op shoe. Dressing stays on. Crutches for balance.
2–6 weeks	WBAT on heel in post-op shoe. Daily dressing change.
6–12 weeks	Transition to supportive athletic shoes. Can remove toe spacer/tape. No high impact exercise for 12 weeks.

Cheilectomy (MIS)	
0–2 weeks	WBAT in post-op shoe. Dressing stays on. Gentle MTPJ ROM.
2–6 weeks	WBAT in supportive sneakers with daily dressing changes.
6+ weeks	No high impact exercise for six weeks.



### Hammertoe Correction (MIS)

<b>0–2 weeks</b>	WBAT on heel in post-op shoe. Dressing stays on.
<b>2–6 weeks</b>	WBAT on heel in post-op shoe with toe tape.
<b>6–12 weeks</b>	Transition to supportive sneakers. May still need to tape toes or Budin splint. No high impact exercise for 12 weeks.

### Hammertoe Correction or Metatarsal osteotomy (Open)

<b>0–2 weeks</b>	WBAT on heel in post-op shoe. Dressing stays on.
<b>2–4 weeks</b>	WBAT on heel in post-op shoe. Daily dressing changes.
<b>4–8 weeks</b>	Pull pin. WBAT post-op shoe. May need Budin splint. No high impact exercise for 12 weeks.
<b>8+ week</b>	Transition to supportive sneakers. May still need Budin splint. No high impact exercise for 12 weeks.

### Distal Metaphyseal Metatarsal Osteotomy - DMMO (MIS)

<b>0–2 weeks</b>	WBAT on heel in post-op shoe dressing stays on.
<b>2–6 weeks</b>	WBAT on heel in post-op shoe with toe tape.
<b>6–12 weeks</b>	Transition to supportive sneakers if swelling allows. May need Budin splint. No high impact exercise for 12 weeks.

### Plantar Plate Reconstruction

<b>0–2 weeks</b>	WBAT on heel in short boot. Dressing stays on.
<b>2–6 weeks</b>	WBAT in short boot. Start passive PF stretching of MP joints. Budin splint.
<b>6–12 weeks</b>	Transition to supportive sneakers. May need Budin splint. No high impact exercise for 12 weeks.



Jones Fracture	
0–2 weeks	NWB in splint.
2–6 weeks	WBAT in short boot.
6–12 weeks	Transition to supportive sneakers. No high impact exercise for 12 weeks.

## Midfoot

Lapidus Bunion Correction	
0–2 weeks	NWB in splint.
2–6 weeks	WBAT in short boot.
6–12 weeks	Slow transition out of boot, WBAT. Physical therapy Rx. No high impact exercise for 12 weeks.

Midfoot Fusion	
0–2 weeks	NWB in splint.
2–6 weeks	NWB in SLC.
6–10 weeks	Progression to WBAT in short boot. Physical therapy Rx. Semi-custom midfoot orthotic Rx. No high impact exercise for 12 weeks.
10–12 weeks	Wean out of boot. WBAT.



<b>Lisfranc ORIF</b>	
<b>0–2 weeks</b>	NWB in splint.
<b>2–6 weeks</b>	NWB in SLC.
<b>6–10 weeks</b>	Progression to WBAT in short boot. Physical therapy Rx. Semi-custom midfoot orthotic Rx. No high impact exercise for 12 weeks.
<b>10–12 weeks</b>	Wean out of boot. WBAT. May start higher impact exercises.
<b>4+ months</b>	Possible hardware removal.

<b>Flatfoot Reconstruction</b>	
<b>0–2 weeks</b>	NWB in splint neutral in slight inversion.
<b>2–6 weeks</b>	NWB in SLC.
<b>6–10 weeks</b>	Progression to WBAT in tall boot. Physical therapy Rx. Semi-custom midfoot orthotic Rx. No high impact exercise for 12 weeks.
<b>10–12 weeks</b>	Wean out of boot. WBAT.

## Hindfoot

<b>ORIF Calcaneus</b>	
<b>0–2 weeks</b>	NWB in splint.
<b>2–6 weeks</b>	NWB in SLC.
<b>6–12 weeks</b>	Progression to WBAT in short boot. Ankle ROM. Physical therapy Rx.
<b>12–16 weeks</b>	Wean out of boot. WBAT. No high impact exercises for 16 weeks.



<b>Subtalar Fusion</b>	
<b>0–2 weeks</b>	NWB in splint.
<b>2–6 weeks</b>	NWB in SLC.
<b>6–10 weeks</b>	Progression to WBAT in short boot. Ankle ROM. Physical therapy Rx.
<b>10–16 weeks</b>	Wean out of boot. WBAT. No high impact exercise for 16 weeks.

<b>Triple/Double Fusion</b>	
<b>0–2 weeks</b>	NWB in splint.
<b>2–6 weeks</b>	NWB in SLC.
<b>6–10 weeks</b>	Progression to WBAT in short boot. Ankle ROM. Physical therapy Rx.
<b>10–16 weeks</b>	Wean out of boot. WBAT. No high impact exercise for 16 weeks.

<b>Achilles Repair/Insertion Achilles Reconstruction</b>	
<b>0–2 weeks</b>	NWB in plantarflexion splint. Sutures three to four weeks.
<b>2–6 weeks</b>	Progression to WBAT in Achilles boot with two wedges. Wedge removed at week four and another at week six.
<b>6–10 weeks</b>	WBAT flat in the boot, may remove at night. Physical therapy Rx.
<b>10–16 weeks</b>	Wean out of boot. WBAT. No high impact exercise for 12-16 weeks.



<b>Insertional Achilles/Zadek Osteotomy</b>	
<b>0–2 weeks</b>	NWB in neutral flexion splint.
<b>2–6 weeks</b>	Progression to WBAT in CAM boot. Sutures out in two weeks.
<b>6 weeks</b>	WBAT in supportive tennis shoe, PT Rx.
<b>10–12 weeks</b>	Return to regular shoes, no impact exercises for 12 weeks.

## Ankle

<b>Arthroscopic Debridement, Synovectomy, Exostectomy</b>	
<b>0–2 weeks</b>	WBAT in boot.
<b>2–4 weeks</b>	WBAT in boot, ankle exercises, possible Physical therapy Rx.
<b>4–6 weeks</b>	Wean out of boot, activity as tolerated.

<b>OCD Debridement with Microfracture</b>	
<b>0–2 weeks</b>	NWB in splint
<b>2–4 weeks</b>	NWB in tall boot.
<b>4–6 weeks</b>	Progression to WBAT in tall boot. Ankle ROM.
<b>6–8 weeks</b>	Wean out of boot. WBAT. Physical therapy Rx.
<b>8–12 weeks</b>	Continue PT. No high impact exercise for 12 weeks.



### OCD Debridement with Cartilage Allograft

0–2 weeks	NWB in splint.
2–4 weeks	NWB in tall boot.
4–6 weeks	Ankle ROM.
6–10 weeks	Progression to WBAT in tall boot. Physical therapy Rx.
10–16 weeks	ASO brace. Continue PT. No high impact exercise for four months.

### Brostrom or Peroneal Repair/Reconstruction

0–2 weeks	NWB in splint.
2–4 weeks	NWB in SLC.
4–8 weeks	Progression to WBAT in tall boot. Stirrup at night. Physical therapy Rx.
8–12 weeks	Wean out of boot. Stop stirrup. ASO brace while weight bearing.
12+ weeks	Continue PT. No high impact exercise for 12 weeks. Brace for one year while on uneven ground.

### Ankle Fusion

0–2 weeks	NWB in splint.
2–6 weeks	NWB in SLC.
6–12 weeks	Progression to WBAT in tall boot based on X-rays.
12–16 weeks	Wean out of boot based on X-rays. ASO brace.



Total Ankle Replacement	
0–2 weeks	NWB in splint.
2–4 weeks	NWB in splint or SLC.
4–6 weeks	Progression to WBAT in tall boot. Ankle ROM. Physical therapy Rx.
8–12 weeks	Continue PT. No high impact exercise for 12 weeks.

Ankle Fracture ORIF (based on type of fracture and quality of fixation)	
0–2 weeks	NWB in splint.
2–6 weeks	NWB in SLC or tall boot.
6–10 weeks	Progression to WBAT in tall boot based on X-rays. Ankle ROM.
10–14 weeks	Wean out of boot. WBAT in ASO brace. Physical therapy Rx.

Abbreviations	
NWB	non-weight bearing
WBAT	weight bearing as tolerated
WB	weight bearing
SLC	short leg cast
ROM	range of motion
ASO	ankle stabilizing orthosis

