
ORTHOPEDIC **OA** ASSOCIATES

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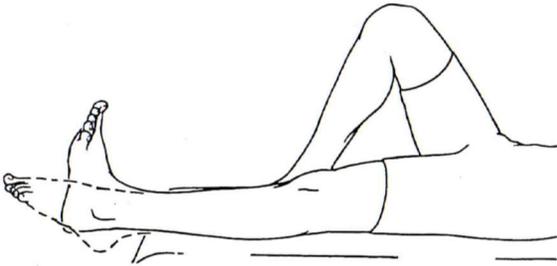
Total Ankle Replacement Rehabilitation Protocol Christian K. Kikuchi, MD

Phase 1 (weeks 0-2)

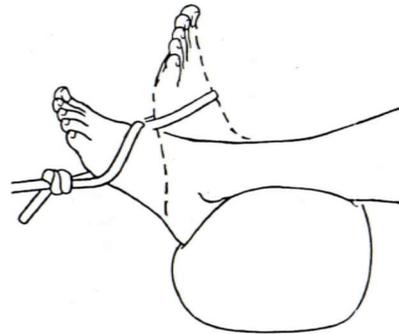
- Non weight bearing in post operative splint
- Utilize crutches / front wheel walker / rolling knee scooter as needed
- Elevate leg to minimize post operative swelling

Phase 2 (weeks 2-6)

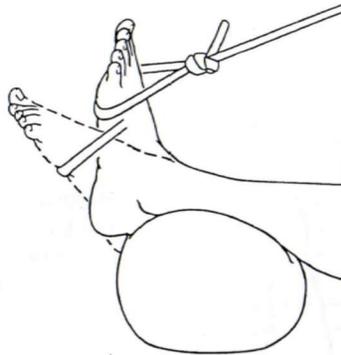
- Continue non weight bearing
- Transition into tall walker boot, ok to drive if left side with no clutch
- Begin home ankle exercises – plantarflexion and dorsiflexion active and passive exercises (10 reps of each exercise / 3 sets per day)



With left leg relaxed, gently flex and extend ankle.
Move through full range of motion. Avoid pain.



Facing anchor, tubing around left foot, pull toward face.



Anchor behind, tubing around left foot, press down.

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- Begin Range of Motion Exercises of the Big Toe (Prevent stiffness from surgical exposure of ankle) – 10 repetitions per set, 3 sets per day



- Begin showering 2 weeks after sutures are removed, use stool / sitting position
 - No soaking / scrubbing
 - Ok to rinse with soapy water, dab with clean towel to dry
 - Apply antibiotic ointment over incision after each shower
 - Use compression stocking to control swelling

Phase 3 (weeks 6-14)

- Initiate weight bearing as tolerated to full weight bearing
- Initiate outpatient physical therapy
 - 2 times a week for 8 weeks
 - Ankle dorsiflexion, plantarflexion, inversion and eversion exercises
 - Start lower extremity strengthening program
 - Start proprioceptive training
 - Start stationary treadmill, bicycle and elliptical cross trainer exercises
 - Begin lunging exercises (also perform at home 10 reps per set 3 times per day)
- Ok to initiate swimming, stair climber; continue stationary bicycle, elliptical cross trainer and treadmill
- If right ankle is done, ok to start driving at 8 weeks
- Transition out of boot into AirCast Ankle Brace



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Phase 4 (weeks 14+)

- Increase strength and activities as tolerated
- Wean out of ankle brace into regular shoes
- Return to sporting activities – golfing, prolonged hiking / walking, doubles tennis, bicycling, etc.
- Continue to wear compression stocking as needed for swelling

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