POST-OP DAYS 1 – 10

- L & U Splint – Watch for skin breakdown
- Crutches – non weight bearing (NWB)
- Active motion (AROM) hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4
- Lower extremity (LE) stretches – Hamstring, quads, ITB, hip flexors
- Ice and Elevation

GOALS

- Pain management
- Protection

Days 10 – 21

- D/C Splint and remove sutures (Ortho)
- Cam walker with ½ inch heel lift
- Crutches – Partial weight bearing (PWB)
- Continue appropriate previous exercises
- Isometrics x 3 No Plantar flexion (PF)
- Gentle active DF, INV, EV
- Passive PF to tolerance – sit with leg in dependent position
- SLR x 4 with weight mid calf
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups)
- Ice as needed

GOAL

- Minimize quad atrophy

WEEKS 3 – 4

- Cam walker with ¼ inch heel lift
- Crutches – weight bearing as tolerated (WBAT)
• Continue appropriate previous exercises
• Scar massage/mobilization with oil/cream
• Weight shifts

**GOAL**

• No adhesions

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**Weeks 4 – 6**

• Cam walker with no lift
• Crutches – Full weight bearing (FWB), D/C when gait is WNL
• Continue appropriate previous exercises
• Isometrics x 4
• Towel crunches and side-to-side
• Steamboats (Theraband x 4 while standing on involved LE) in cam walker
• Mini-squats, Wall squats, Total gym in cam walker
• Stationary bike in cam walker with the heel on the pedal

**GOAL**

• Neutral DF (0 degrees)

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**Weeks 6 – 8**

• Taper out of cam walker at home, but wear outside of home
• Continue appropriate previous exercises
• Ankle AROM including plantar flexion – Calf pumping, alphabet, rotations
• Light Theraband x 3 – **No plantar flexion**
• Seated BAPS
• Stationary bike in cam walker with toes on the pedal
• Pool therapy – Aqua-jogger in deep water

**GOALS**

• 10 degrees DF
• Normal gait

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**Weeks 8 – 12**

• Transition from cam walker to ankle brace
• Continue appropriate previous exercises
• Theraband ex x 4 – Gradually increase resistance
• Elgin
• Double leg heel raises
• Leg press, knee ext, Hamstring curl, hip weight machines
• Forward, retro and lateral step downs
• Proprioception ex
  – Double leg BAPS
  – Progress to single leg BAPS, ball toss, body blade
• Pushup progression
• Pool therapy – Chest (waist) deep
• Treadmill – Walking progression program
• Elliptical trainer

**GOALS**
• Symmetrical DF
• Walk 2 miles at 15 min/mile pace

**MONTHS 3 – 4**
• D/C brace
• Continue appropriate previous exercises
• Single leg heel raises
• Functional activities – Fitter, slide board, figure 8’s, gentle loops, large zigzags
• Treadmill – Running progression program
• Stairmaster

**GOALS**
• No calf atrophy
• Run 2 miles at easy pace

**MONTHS 4 – 6**
• Continue appropriate previous exercises
• Running progression program – Progress to track and hard surfaces
• Agility drills / Plyometrics
• Transition to home / gym program

**GOAL**
• Return to all activities

*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP*