



Postoperative Weeks 0-2

- Non weight-bearing with crutches, no scooter use

Postoperative Weeks 2-6

- Transition into walking boot with Toe Spacer
 - Wear toe spacer at all times
- Progressive WB in boot
 - Slow progression to FWB by week 6, will be patient and surgery dependent*
- Gentle toe ROM
- Joint mobilizations for pain relief
- Sleep in the boot
- Ankle strength and ROM, joint mobilizations for pain relief as needed
- Hip and thigh strengthening
 - Straight leg raises, bridges, SAQ/LAQ, hamstrings
- May remove boot for OKC exercises, needs to remain on for CKC

Postoperative Weeks 6-12

- Transition out of boot into tennis shoe only 6-8 week mark
 - No barefoot walking, no sandals
 - May begin to wean from toe spacer
- Proprioception and gait training
- Joint mobilizations for mobility relief as needed
- Discontinue sleeping in boot at 6 weeks
- General lower extremity strengthening progressing from double limb support to single limb
 - Out of boot squats, forward lunges beginning week 8

Postoperative Weeks 12+ Return to Sport

- Pass preliminary functional testing before beginning impact activity and running
 - Must have appropriate ROM and strength to initiate sport specific activity
- No high heels until 24+ weeks post-op