

Rehabilitation following Ankle Fusion – Mr Limaye

Week	Mobility	Weight bearing	Rehabilitation	Goals
0-6	POP	NWB	Pain and oedema control. Prophylactic/circulatory exercises (SQ, SLR, Static Gluts, ROM Knee/Hip). Advice re: elevation.	Prevent post op complications Independent on crutches. Maintenance of other muscle groups. Education
6-10 weeks	Xray @ 6/52 if healing aircast boot. If not healing POP for further 4/52			
10 weeks	Normal Shoe/trainer (Assess if orthotics required)	FWB	Gait re-education. Resisted exercise plantar/dorsiflexion. Commence closed chain exercises. Proprioception/weight transference/SLS Power walking on Treadmill Increase CV work – Cross trainer/Bike Single leg stand, progress proprioception, out of base of support. Step ups, lunges (static to dynamic). Heel raises (double leg)	Achieve full range of movement in all directions. Normal Gait pattern. Equal proprioception both sides Full strength Return to full mobility and occupation.

- No Impact/Plyometrics till 6/12.
- With all foot and ankle surgery swelling may persist for up to 1 year.