

# Foot and Ankle Post-Operative Physical Therapy

Please evaluate and treat.

Weight Bearing Status:  NWB  50% WB  
 WBAT  Progress to WBAT  
 Progress per protocol

Recommended Sessions:

\_\_\_\_\_ / week for \_\_\_\_\_ weeks

\_\_\_\_\_ S/P Achilles Rupture R / L

- Gentle Achilles AAROM
  - Avoid dorsiflexion past 5 deg
- Theraband Strengthening
- Local Modalities
- See Protocol handout

\_\_\_\_\_ S/P ORIF Ankle: R / L

- AAROM exercises
- General ankle strengthening
- Proprioception training
- Progressive theraband
- Local modalities/edema control
- Scar/soft tissue mobilization

- General ankle strengthening  Scar Mobilization
- Avoidance maneuvers  Desensitization
- Gait Training
- Edema Control
- Soft Tissue Mobilization
- Joint Mobilization
- Modalities as Indicated
- Home Exercise Program

\_\_\_\_\_ S/P Posterior Tibial Tendon R / L Reconstruction

- Ankle AAROM (Sagittal plane)
- Subtalar AAROM (Inversion only/avoid eversion)
- Ankle/Hindfoot Theraband (be gentle with inversion strengthening)
- Local modalities/edema control

\_\_\_\_\_ S/P Brostrom Repair R / L

- Ankle AAROM (avoid inversion)
- Theraband exercises (avoid inversion)
- Local modalities/edema control
- See Protocol

Other Dx: \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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Christopher Miller, MD Date  
 Brianna Whitehouse, PA-C  
 Office: 617-667-7654 Fax: 617-667-2155