Connecticut Orthopaedics

**Megan R. Wolf, MD**
**Sports Medicine/Foot & Ankle**

**Subtalar Dislocation**
Post-Operative Protocol

**Weeks 4-8**

Goals

- Protect healing tissues
- Weeks 4-6 FWB in pneumatic walking boot
- Weeks 6-8 Wean out of boot and into lace up ankle brace as needed
- Progress ankle strength, ROM and proprioceptive exercises
- Continue general strengthening of LE, UE and trunk as indicated

Treatment

*(patient to wear support throughout program)*

- Normal gait patterning/training
- Progress to full AROM, all directions
- Add LE closed chain exercises, single plane
- Evaluate LE biomechanics, flexibility and strength bilaterally - identify deficits and areas that would increase long-term stress to reconstruction
- Introduce proprioceptive exercises
  - Double leg Single leg
  - Even ground only, no BAPS, BOSU or Wobble board
- Light soft-tissue work
- Modalities to control/decrease inflammation/pain
- Cardiovascular training: exercise bike in the boot o Increase duration/intensity as tolerated

**Postoperative Weeks 8-12**

- Use lace up ankle brace as needed

Goals:

- Normalized gait
- Jogging/running introduced in brace between weeks 8-10 o Prerequisites: no walking pain, adequate strength, full ROM
- Plyometric exercises introduced in brace between Weeks 10-12
  - Single plane only
  - Prerequisites: pain free running with proper mechanics
- Full functional ROM of the ankle
- Patient demonstrates fair static and dynamic neuromuscular control

Treatment:

- Progress closed chain exercises
- Progress proprioceptive training o Static and dynamic balance progressing to varied surfaces as patient is able
- Progress intrinsic ankle strength with PNF diagonals
- Introduce functional, sport-specific exercises
- Cardiovascular training: Continue exercise bike/elliptical, add treadmill (consider AlterG® if available), stair-stepper.

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**Post-Operative Weeks 12-16**

- Use lace up brace as needed

Goals:

- Patient to demonstrate full strength throughout full ROM
- Patient to demonstrate fully restored static and dynamic neuromuscular control and kinesthetic awareness
- Patient to return to all pre-injury exercise except for full return to sport
- Pass Functional testing if returning to sport for final clearance

Treatment:

- Increase intensity of exercise bike, elliptical, stair-stepper and treadmill
- Progress to plyometric program to include dynamic, multiplanar exercises
- Increase intensity and resistance in closed chain activities
- Sport-specific drills
- Multiplanar movements

Revised ***