Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Calcaneus Open Reduction Internal Fixation
Post-Operative Protocol

Protocol will change pending wound healing.

Weeks 0-2
- Non-weight bearing in plaster splint
- Crutches only, no scooter use
- Elevation, “toes over nose” for pain and swelling control

2-8 Week s
- Non-weight bearing in fiberglass cast
- Okay to begin scooter use (pending physician approval)
- Elevation, “toes over nose” for pain and swelling control

8-12 Weeks
- Non-weight bearing
- Transition to boot, may wear a night splint during sleep
- Begin Physical Therapy

12-16 Weeks
- Begin progressive weight bearing
    - Week one at 25% of weight, use two crutches
    - Week two at 50% of weight, may transition to one crutch
    - Week three may transition to full weight bearing in boot

16 Weeks
- Wean from boot into shoe
    - Over 10-14 days, may discontinue wearing boot at home. Continue to wear the boot outside of the home.
    - After 14 days, completely discontinue boot (16-week mark)
- Progress activity per PT approval

Revised ***