Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Operative Foot and Ankle Fracture Care
Post-operative Protocol

0-2 Weeks

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

2-6 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

6-10 Weeks

- Transition to boot, may wear a night splint during sleep
- 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

Weeks 10-16

- Begin formal physical therapy
- At week 12, wean from boot
    - 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 (14-week mark)
    - May use lace up ankle brace for activity
- May progress activity as tolerated per PT approval at 14 weeks