

Ankle Arthrodesis

Subtalar, Double, and Triple Arthrodesis

*REMEMBER: It can take up to a year to make full recovery, and it is not unusual to have intermittent pains and aches during that time.

*No inversion/eversion stress to the foot

*Dr. Pacaccio: NO BAPS board

PHASE I/II (Surgery – 4 weeks)

- Objective: healing & protection of fusions
- Immobilization: cast, split x6 weeks
- Non-weightbearing

PHASE III (4 weeks – 10 weeks)

Week 6:

- Start Physical Therapy 6-8 weeks post-op
- Wound Care:
 - Continue scar management techniques
- Modalities:
 - PRN for pain and swelling
- Gait: NWB until week 6
 - Gradually progress to FWB in CAM boot as tolerated by week 8
 - Drs. Incandela & Thom: Progress as tolerated to FWB in regular shoe gear by week 10
 - Dr. Pacaccio:
 - Subtalar fusion: Until 12 weeks, remain in CAM boot outside of PT
 - Ankle fusion: WBAT in CAM boot/AFO out of PT
- ROM:
 - Begin gentle DF/PF A/PROM from NWB to FWB as tolerated
 - NO inversion/eversion allowed for subtalar, double, or triple
 - Manual therapy interventions to unaffected ankle and foot joints
- Strengthening:
 - Begin strengthening in NWB/isometrics and advance to FWB closed-chain as tolerated
- Balance/Proprioceptive Activities:

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- Dr. Pacaccio: NO SINGLE LEG MANEUVERS
- Begin double leg balance activities and progress to single leg balance

PHASE IV (10+ weeks)

Week 10:

- Goal: reduce swelling, increase ROM, neuromuscular re-education, develop baseline of control/strength
- ROM:
 - Normalize DF/PF A/PROM for gait and functional tasks
 - Avoid inversion/eversion
- Strengthening:
 - Advance as tolerated for gait and functional tasks
- Balance/Proprioceptive Activities:
 - Progress single leg balance and proprioceptive challenges

Week 16:

- Goal of ability to perform single leg heel raise (with obvious restriction due to foot joint fusion)
- Return to full running, jumping, agility drills, plyometrics, sport-specific activities, per physician restrictions

Adapted From:

- 1) Consultation with Drs. Giovanni Incandela, Douglas Pacaccio, and David Thom, DPM at OrthoIllinois