

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

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Ankle Replacement

AVOID FORCED DORSIFLEXION x 4 weeks for normal bone and 6-8 weeks for osteopenia

Phase 1 – Maximum Protection Phase

Weeks 0-5 Immobilized in cast x 6 weeks
Gait training NWBing with appropriate assistive device
Active movement within the confines of the cast, encourage toe ROM
Hip and Core ex maintaining WBing precautions
Goals: rest, control pain and swelling, ADLs

Phase 2 – Range of Motion

Weeks 6 -10 Gait Training-25% WBing, in boot progress by 25% each week
Initiate AROM exercises (AROM, SEATED BALANCE BOARD ETC)
Manual joint mobilization avoiding dorsiflexion > neutral until week 6
Initiate intrinsic strengthening maintaining WBing precautions
Light strengthening with manual resistance and light t-band ex as tolerated
Continue hip and core strengthening
Bike without resistance
CRITERIA TO PROGRESS: Full weight bearing in boot, minimal edema, minimal pain, DF ROM to neutral

Phase 2- Strength

Week 10-14 Wean into a shoe as tolerate in ASO if prescribed
Gait Training
Progressive ROM
Progress strengthening OCK=>CKC
Progress Proprioceptive Exercise Double leg=>Single Leg; Static=> Dynamic
CRITERIA TO PROGRESS: Normal Gait, ROM WFL, SL balance 30 sec without ASO, Strength 4+/5

Phase 4 – Return to Light-Moderate Sport

Week 12-20 Dynamic Strengthening
Dynamic Balance Exercise
NO PIVOTING, RUNNING, JUMPING
CRITERIA TO PROGRES: Strength symmetrical, Single Leg Dynamic Balance 45 sec

Expected p/o Activity Levels-No running,jumping pivoting

Hiking/Cycling Between 4-6 months when functional criteria met
Golf Between 4-6 months when functional criteria met
Cross Country Skiing Between 4-6 months when functional criteria met

Surgeon Comments: