

Name \_\_\_\_\_

Therapist \_\_\_\_\_

Physician \_\_\_\_\_



## Patient Flow Sheet

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# Triple Arthrodesis

With or without Achilles lengthening

**Triple Arthrodesis: Fusion of subtalar joint, calcaneocuboid joint, talonavicular joint**

**Splint or Cast x 8 weeks with progress to walking boot**

**Non-weight bearing x 12 weeks**

### Phase 1 – Maximum Protection

#### **Weeks 4-7**

Swelling/edema management

Initiate open chain range of motion exercises (ankle pumps, alphabet)

Initiate open chain hip and knee exercises (leg raises, SAQ)

No joint mobilizations, no end range stretches

GOALS: independent ADL's, swelling management, adherence to weight bearing precautions

### Phase 2 – Weight Bearing Progression

#### **Weeks 8-16**

Continue with active and passive ROM

Initiate intrinsic exercises (marble pick-ups, towel scrunch)

Initiate theraband exercises all directions

Talocrural joint mobilizations only

Initiate weight bearing week 12 with full weight bearing in boot by week 16

Criteria to progress: pain free full weight bearing in boot, minimal to no swelling

### Phase 3 – Strength and Balance

#### **Week 16+**

Wean from boot to supportive tennis shoe with orthotic

Initiate CKC exercises including step ups, DL squats, SL balance on firm surface, heel raises

Goals: Normalized gait, SL balance 30 seconds, symmetrical LE strength

### Return to Activities

Golf 4 months

Cycling 3-4 months

Hiking 5-6 months

Tennis 6-8 months

### Surgeon Comments:

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