

WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	WEEKS 7-8	WEEK 9+
<p>WBAT with wedge shoe and with assistive device</p> <p>Hip and Knee Open chain strengthening</p> <p>Initiate PT, 2x/week for edema, pain control, exercise and manual therapy as indicated.</p> <p>Compressive stocking to be used for significant swelling as needed.</p>	<p>WBAT in wedge shoe with assistive device. Progress off assistive device as able.</p> <p>AROM: dorsiflexion plantarflexion inversion eversion toe curls great toe flexion/extension</p> <p>Gentle MTP joint mobilizations</p> <p>Sitting, partial WB: BAPS board Plantar flexion Dorsiflexion</p> <p>Bike: no resistance</p> <p>After stitches are removed, start gentle scar mobilization.</p>	<p>D/C wedge shoe with x-ray clearance. Athletic shoe.</p> <p>Continue with edema control</p> <p>Scar mobilization</p> <p>Ankle isometrics Inv, Ev, DF, PF</p> <p>Pt may ambulate in PT without shoes.</p> <p>Progress hip, knee strengthening as needed.</p> <p>Gait activities</p>	<p>Progress ROM. Avoid stressing the joint.</p> <p>Total Gym, double leg, low level or double leg press low resistance</p> <p>Resistive tubing and manual resistance for ankle: Inv, Ev, DF, PF</p> <p>Squats or Wall sits double leg</p> <p>BAPS standing</p> <p>Double leg balance and proprioception</p> <p>Double leg standing heel raises</p>	<p>Lateral and front step-ups</p> <p>Single leg stance</p> <p>Address functional activity demands.</p> <p>Agility if indicated</p> <p>Treadmill</p> <p>Elliptical</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p>		<p>Please note: The progress of this diagnosis may happen quite quickly. If MD reports that an x-ray is showing good signs of healing the progression of week 6 and beyond may be interpreted as a continuum.</p>		
<p>Reviewed April 2014</p>				