

					<ul style="list-style-type: none"> - Progress previous strengthening, stretching and proprioception exercises - Sport and agility drills/tests
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Calcaneus Fracture Physical Therapy protocol

	WEIGHT BEARING	ORTHOTIC DEVICES	RANGE OF MOTION	GOALS	EXERCISES
0-10 weeks	NWB	SLS	None	Decrease pain and swelling	N/A
10-12 wks	PWB	SLC	AROM ankle	Restore ankle ROM Peroneal tendon soft tissue mobilization	HEP
12+ weeks	WBAT	Regular shoe +/- orthotic	AROM ankle	Prevent equinus Gait training	PROM Joint mobilization to subtalar joint Heel cord stretching Gait training Open chain strengthening Progress function based on ankle fracture protocol