

Total ankle replacement guidelines

	WEIGHT BEARING	ORTHOTIC DEVICES	RANGE OF MOTION	GOALS	EXERCISES
0-2 weeks	NWB in SLS	SLS	None	Decrease pain and swelling Wound healing	Crutch training Frequent leg elevation
2-4 weeks	NWB SLC	SLC	none	Decrease pain and swelling Hip and knee ROM	Frequent leg elevation Hip and ankle AROM
4-6 weeks	PWB (TAR only) NWB (TAR + osteotomy or Brostrom)	CAM boot or SLC	none	Edema control Prevent equinus contracture Scar mobilization	N/A
6-8 weeks	FWB May begin PT	CAM boot Compression socks	Full ROM	Edema control Maintain hip and knee strength Scar mobilization Prevent equinus	- HEP (AROM, alphabet, ankle circles, intrinsics/towel scrunch) - Theraband - Gait training
8-12 weeks	FWB	CAM boot Compression socks	Full ROM	Gait training	Calf stretches Leg raises (no ankle weights) Hamstring curls (no ankle weights) biking (in CAM boot)
12+ weeks	FWB	ASO ankle brace	Full ROM	ADLs Normal gait, minimal effusion	Swimming Stationary bike Squats/steps Proprioception exercises Light jogging