

<b>Post-op</b>	<b>Brace</b>	<b>Weightbearing</b>	<b>Rehabilitation guide</b>	<b>Goals</b>
0-2 weeks	Plaster of Paris	Non weight bearing (no push off or toe touch walking)	Prophylactic and general maintenance ex's (toe, quads,gluts) Advice regarding elevation	Independent on crutches Prevent post-op complications
2-4 weeks	Aircast boot	3/52 aircast boot Non weight bearing	Avoid Plantar flexion resting position i.e. plantargrade for first 4 weeks Prophylactic and general maintenance ex's (toes, ankle Dorsi flexion from plantargrade, knee,hip) Pain and oedema control (cryotherapy, soft tissue treatments, acupuncture) Regularly mobilise intermetatarsal and midtarsal joints (no subtalar or talocural mobilisation) Isometric ex's all ranges Intrinsic m/s strengthening ex's Gradually progress to Patrial weight bearing by week 4 post-op	Reduce swelling Pain control Education on rehab progression Prevent scar adherence Start Partial weight bearing at week 4 post-op
4-6 week	Aircast boot	Full weight bearing in aircast boot	Gait re-education Gradually increase range of movement Plantar flexion/dorsi flexion Resisted ex's for plantar flexion/dorsi flexion Proprioception ex's/ weight transference/single leg stance Hydrotherapy	Minimal swelling Minimal pain Full range of movement Plantar flexion/Dorsi flexion Full weight bearing in aircast boot