

Rehabilitation Protocol: Midfoot or Calcaneus Fracture Repair

Phase 1 (Weeks 0-2)

- **Weightbearing:** Non-weightbearing on the operative limb
- **Fracture Boot:** Worn full-time
 - Beginning 1 week after surgery, okay to remove boot for gentle ankle/foot motion exercises
- **Range of Motion:**
 - Active ankle/foot ROM
- **Therapeutic Exercises**
 - Quad/Hamstring isometrics, heel slides, straight leg raises, co-contractions
 - Isometric hip abduction and adduction exercises

Phase 2 (Weeks 2-8)

- **Weightbearing:** Continue non-weightbearing
- **Fracture Boot:** Worn for ambulation. Remove boot when at rest/sleeping and for PT.
- **Range of Motion:** Active and gentle Active-Assist ankle/foot/toe ROM
- **Therapeutic Exercises**
 - Continue Phase 1 exercises

Phase 3 (Weeks 8-10)

- **Weightbearing:** 50% Partial weightbearing with crutches/walker
- **Fracture Boot:** Worn for ambulation only
- **Range of Motion:** Add Passive ankle/foot/toe ROM
- **Therapeutic Exercises**
 - May begin low-resistance stationary bicycle
 - Okay to begin blood flow restriction therapy

Phase 4 (Weeks 10-16)

- **Weightbearing:** Advance to weightbearing as tolerated. Wean from crutches/walker.
- **Fracture Boot:** Wean from boot for ambulation and then discontinue use of the boot
- **Range of Motion:** Maximize ankle/foot/toe ROM
- **Therapeutic Exercises**
 - Begin elliptical trainer, treadmill, and high-resistance stationary bicycle
 - Begin leg presses and open/closed-chain strengthening exercises
 - Emphasize low-impact aerobic activities

Phase 5 (Weeks 16-26)

- **Range of Motion:** Maximize ankle/foot/toe ROM
- **Therapeutic Exercises**
 - Transition to high-impact activities (jogging/running, etc.)
- Return to sports/athletics once cleared by Dr. Gross