

5 Weeks Non-Weight Bearing

2 week post-op visit:

- splint/suture removal
- boot placement
- remain non-weight bearing
- discuss plans for PT (should make PT appointment for after 5 week visit)

5 week post-op visit:

- x-rays (simulated weight-bearing)
- begin PT
- progress from partial weight to full weight in walking boot over 3 weeks
 - then progress out of boot into sneaker over 2 weeks
- Driving
 - Left foot: beginning now
 - Right foot: When fully weight-bearing in boot (3rd week)
- Flying:
 - When fully weight-bearing in boot (3rd week)

10 week visit:

- x-rays (weight-bearing)
- continue PT
- advance to non-impact activities as tolerated (walking, stationary bike, elliptical)

5 month post-op visit (if needed):

- x-rays (weight-bearing)
- advance to all activities as tolerated
- follow-up as needed

For more information:

- www.aofas.org: "Foot Care MD"
- www.footeducation.com
- www.footandanklenewyork.com
- <https://shop-recovery.net/Ellis> (to purchase medical equipment)