

## **6 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 6 week visit)

### **6 week post-op visit:**

- x-rays (simulated weight-bearing)
- begin PT
- progress from partial weight to full weight in walking boot over 4 weeks
  - then progress out of boot into sneaker over 2 weeks
- Driving
  - Left foot: beginning now
  - Right foot: When fully weight-bearing in boot (10<sup>th</sup> week)
- Flying:
  - When fully weight-bearing in boot(10<sup>th</sup> week)

### **3 Month visit:**

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

### **6 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](http://www.aofas.org): "Foot Care MD"
- [www.footeducation.com](http://www.footeducation.com)
- [www.footandanklenewyork.com](http://www.footandanklenewyork.com)
- <https://shop-recovery.net/Ellis> (to purchase medical equipment approved by Dr. Ellis)