

## **8 Weeks Non-Weight Bearing**

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

- splint/suture removal
- cast placement, remain non-weight bearing

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

- X-rays (non-weight bearing)
- discontinue cast and go into boot
- continue non-weight bearing
- discuss plans for PT (should make PT appointment for after 8-week visit)

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

- x-rays (simulated weight-bearing) or possible CT scan
- 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: Once fully weight bearing in boot (4<sup>th</sup> week)
- Flying:
  - Once fully weight bearing in boot (4<sup>th</sup> week)

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

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

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

- x-rays
- advance to all activities as tolerated
- f/u 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)