

TAR Protocol (no other major procedures)

2 week post-op visit:

- splint removal /wound check/boot placement
- Begin home range of motion exercises
- discuss plans for PT (schedule for ASAP)

4 week post-op visit:

- x-rays (simulated weight-bearing)
- remove sutures
- begin or continue 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 (4th week)
- Flying: not until re-evaluated at next visit

10 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 (weight-bearing)

1 year visit:

- x-rays (weight bearing)
- follow-up at 2 and 5 years post-surgery

For more information:

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