



BRIGHAM AND WOMEN'S HOSPITAL FOOT AND ANKLE CENTER

RX for Post-Operative Physical Therapy

Weight Bearing Status: NWB WBAT Progress to WBAT Progress per Protocol below

❖ Recommended sessions: _____ / week for _____ weeks

_____ **S/P Achilles Repair** **R / L**

- ❖ Gentle Achilles AAROM
 - (Avoid dorsiflexion past 5 degrees)
- ❖ TheraBand strengthening
- ❖ Local modalities

_____ **S/P Post Tib Tendon Reconstruction** **R / L**

- ❖ Ankle AAROM (sagittal plane)
- ❖ Subtalar AAROM (inversion only/avoid eversion)
- ❖ Ankle/hindfoot TheraBand
 - (*be gentle* with inversion strengthening)
- ❖ Local modalities/edema control

_____ **S/P ORIF Ankle** **R / L**

- ❖ AAROM exercises
- ❖ Progressive TheraBand
- ❖ Local modalities/edema control
- ❖ Proprioception training
- ❖ Scar/Soft tissue mobilization

_____ **S/P Ankle Replacement** **R / L**

- ❖ Ankle AAROM (sagittal plane)
- ❖ Soft tissue Modalities/Edema control
- ❖ Progressive Theraband
- ❖ Proprioception Training
- ❖ Scar massage/Desensitization
- ❖ After wound healing – aggressive ankle ROM

_____ **S/P Brostrom Repair** **R / L**

- ❖ Ankle AAROM (avoid inversion)
- ❖ TheraBand strengthening (avoid inversion)
- ❖ Local modalities/edema control

_____ **S/P MIS Forefoot Reconstruction** **R / L**

- ❖ Ankle and foot strengthening
- ❖ Great toe ROM – Dorsi- and Plantarflexion
- ❖ Lesser toe ROM – Dorsi- and Plantarflexion
- ❖ Edema Control/ Scar massage
- ❖ Proprioception training

- General Ankle Strengthening
- Avoidance Maneuvers
- Gait Training
- Soft Tissue Mobilization
- Joint Mobilization
- Edema Control Scar Massage
- Modalities as Indicated. Desensitization
- Home Exercise Program

OTHER: S/P _____

- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____

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