



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

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Midfoot Arthrodesis
Post-Operative Protocol

Phase I- Maximum Protection (Weeks 0 to 6)

- Cast or boot for 6 weeks
- Elevate the ankle above the heart
- Non-weight bearing x 6 weeks
- Multi-plane hip strengthening
- Core and upper extremity strengthening

Phase II- Range of Motion and Early strengthening (Weeks 6 to 12)

- Partial weight bearing based on healing and physician instruction
- Orthotic insert to support arch
- Active ankle ROM all planes
- Isometric and early isotonic ankle
- Foot intrinsic strengthening

Phase III- Progressive Strengthening (3 to 6 months)

- Restoration of full range of motion all planes
- Gradually wean out of boot and progress to full weight bearing
- Normalize gait mechanics
- Advance ankle and foot intrinsic strengthening
- Proprioception training
- Gradual progression to non-impact cardio-vascular and fitness activities