



ROSENBERG COOLEY METCALF  
THE ORTHOPEDIC CLINIC AT PARK CITY

**Charles C. Lind, MD**  
**Subtalar 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
- Active/passive ankle ROM all planes; TC, mid and forefoot
- Isometric and early isotonic ankle
- Foot intrinsic strengthening

**Phase III- Progressive Strengthening (3 to 6 months)**

- Restoration of full range of motion TC, mid and forefoot
- 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