

## Rehabilitation following Midfoot/Subtalar/Triple Fusion – Mr Limaye

Week	Mobility	Weight bearing	Rehabilitation	Goals
0-2	Plaster Back slab	NWB	Pain and oedema control. Prophylactic/circulatory exercises (SQ, SLR, Static Gluts, ROM Knee/Hip). Advice re: elevation.	Prevent post op complications Independent on crutches. Maintenance of other muscle groups. Education
2-6	Below knee cast	NWB		
6-8 weeks	Normally below knee plaster for further 2 weeks.	NWB		
8-12 weeks	Air cast boot day only (If fusion ok on X ray)	PWB progressing to FWB	Pain and oedema control. Prophylactic/circulatory exercises. Maintenance exercises. Active range of movement. Plantar/dorsiflexion and inversion/eversion (as fusion allows). Isometric resisted exercises progressing to early concentrics resisted theraband. Early proprioception (heel raise and ball	Independent Mobility. Maintenance of other muscle groups.

			rolling in sitting, as fusion allows)	
12 weeks	<p>Re-X ray If X ray OK than stop aircast.</p> <p>Normal Shoe/trainer</p> <p>Refer to orthotics if needed.</p>	FWB	<p>Gait re-education. Single leg stand, progress proprioception, out of base of support. Step ups, lunges (static to dynamic). Heel raises (double leg) Increase CV work – Cross Trainer, Stepper.</p>	<p>Achieve full range of movement in all directions. Normal Gait pattern. Equal proprioception both sides Full strength Return to full mobility and occupation.</p>

- No Impact/Plyometrics till 6/12.
- With all foot and ankle surgery swelling may persist for up to 1 year.