

Week	Exercise	Boot/Crutches	Weight Bearing	Footwear	Returning to Function	Other
0-2	Boot exercises: Leg raises, buttock squeezes, quad squeezes, side lying hip abductions, deep breathing, toe wiggling	Hindfoot immobilised post-surgery. Crutch use.	Touch WB for 2 weeks (5kg)	Hindfoot immobilisation	Elevate above heart 23 hours per day	
2-4	Continue boot exercises. From week 3 complete active inversion and plantarflexion.	Thick sole Vacoped 30 degrees week 2 with crutches. Vacoped 20 degrees Week 3 with crutches.	Touch WB	Vacoped boot	At 3 weeks can remove boot at night.	Wound check with Mr Goldbloom
4-6	Commence foot intrinsic and FHL isometrics with theraband.	Vacoped 10 degrees Week 4 with crutches. Vacoped 0 degrees Week 5 (wean off crutches).	50% WB from week 4. Full WB from week 5.	Vacoped boot	At 4 weeks can 50% WB in boot. At 5 weeks can FWB in boot	
6-8	Commence active and passive dorsiflexion and eversion, progressing with the use of a theraband	Vacoped thin sole at 6 weeks.	FWB	Vacoped boot	Can swap to thin sole Vacoped	
8-10	Progress calf strengthening with seated and standing variations. Progress tib post, tib ant, peroneal loading. Add further	Wean from boot from week 8-12.	FWB	Transition to normal shoes as wean from boot.	Wean from boot. Likely can return to driving if cleared and out of boot. Likely can resume	You may start to consider resuming light gym work

	<p>proprioception and foot/ankle control exercises. Further mobility exercises if range of motion is limited.</p>				<p>further work depending on duties.</p>	
10-12	<p>Start to incorporate more difficult balancing exercises with uneven/soft surfaces. Further strength and power progressions. Continue build walking load as tolerated. Start light jumping focusing on soft landing</p>	nil	FWB	Normal shoes		
12+	<p>Include walking on different surfaces or longer walking. Begin return to running regime if favourable range of motion, strength (including plyometric exercise), power and proprioception has been achieved.</p>	nil	FWB	Normal shoes	<p>Begin further return to running and then sport.</p>	<p>It is important to note that while surgical healing is achieved it may take 6-9 months to regain your full strength.</p>