



## Arthrodesis/Fusion Recovery

### **JOINTS:**

Ankle  
Triple arthrodesis  
Subtalar  
Talonavicular  
Calcaneal-cuboid  
Navicular-Cuneiform  
Tarsometatarsal

Note: Recoveries can differ from patient to patient based on multiple factors. The guidelines below are a general idea of what the average recovery will be.

- Weeks 1-2 in well padded posterior splint - NWB – elevate, ice behind knee, avoid activities except eating and using restroom
- Weeks 2-6 in cast or CAM boot – NWB – elevate, potentially use cryo-cuff – may become more mobile if tolerated using knee scooter and/or crutches
- Weeks 6-8 -- start weight bearing in walking boot as tolerated
- Weeks 10 -- start to transition back to shoe with possible lace-up ankle brace. Start physical therapy when applicable to regain strength and work on range of motion and limp elimination.