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1st MPJ Fusion Protocol

Timeline	Goals/Milestones	Activity/Weight Bearing	Bracing
Week 1	-Swelling and pain management	-Weight bearing as tolerated in boot only	-CAM boot
Week 2-3	-Swelling and pain management -Sutures/staples removed at 2 nd post-operative appointment -Start gentle ankle range of motion exercises	-Weight bearing as tolerated in boot only	-CAM boot
Week 4-6	-Start resistance ankle range of motion exercises -Start knee high compression socks	-Weight bearing as tolerated in boot only	-CAM boot
Week 7-16	-Continue knee high compression socks	-Gradually start increasing walking	-Regular shoe
Week 16-24	-Increase to full activities of daily living without restrictions	-Weight bearing as tolerated in regular shoe	-Regular shoe