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### 1<sup>st</sup> MPJ Fusion Protocol

| <b>Timeline</b> | <b>Goals/Milestones</b>  | <b>Activity/Weight Bearing</b>               | <b>Bracing</b> |
|-----------------|--|--|----------------|
| Week 1          | -Swelling and pain management  | -Weight bearing as tolerated in boot only    | -CAM boot      |
| Week 2-3        | -Swelling and pain management<br>-Sutures/staples removed at 2 <sup>nd</sup> post-operative appointment<br>-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<br>-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  |