

Calcaneal Fracture

**** DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Phase I: 0-4 wks:

Goals for Phase 1:

1. Control pain & swelling
2. Immobilize ankle & foot
3. Initiate ROM if ORIF

- A. Orthotics: Immobilizer boot and BK TED hose worn
- B. Gait Training: (WB status per physician)
 - Fx w/ ORIF (WBAT w/ crutches) (w/ boot)
 - Fx w/o ORIF (NWB w/ crutches) (w/ boot)
- C. ROM: Fx w/ ORIF (AROM and gentle towel roll gastroc/soleus stretching)
 - Fx w/o ORIF (No ROM for first four weeks from injury)
- D. Swelling Control: ice, elevation, rest, retrograde massage
- E. Soft tissue management: scar massage after stitches removed (with ORIF)

Phase II: 4-8 wks:

Goals for Phase II:

1. Swelling control
2. Improve ROM
3. Improve strength

- A. Orthotics: Continue immobilizer boot until DC'ed by physician
- B. Gait Training: