

## *CALCANEUS FRACTURE REPAIR: 2<sup>ND</sup> POST-OP*

---

- (1) You will begin progressive weightbearing in the boot and continue this until your next follow-up. Please refer to the separate handout.
- (2) You may now remove the boot for sleeping and driving.
- (3) You should continue to perform the following exercises to maximize your post-op ankle flexibility. You will do these twice daily, once in the morning and once in the evening:
  - Write the alphabet with your foot. Do two repetitions.
  - Stretch the Achilles by placing a towel across the ball of your foot and pulling up. Hold each stretch for a five-count and do five repetitions.
- (4) You will continue to ice and elevate the leg as much as possible. Elevating the leg above the level of the heart will reduce the amount of time required to bring down the swelling.
- (5) I would like to see you back in **4 weeks** for your next follow-up appointment. We will obtain new x-rays at that time. If there is appropriate evidence of healing, we will likely have you begin transitioning out of the walking boot and into regular shoes.