

Whether conservative or underwent surgery, all patients have a plaster cast in 30 degrees plantarflexion, non-weight bearing.

Postoperative/Postinjury	
Day 10 (2nd visit)	<ul style="list-style-type: none"> <li>-Remove cast</li> <li>-Place orthopaedic walker boot and 4 wedges (22° plantarflexion)</li> <li>- Weightbearing</li> </ul>
Day 18	<ul style="list-style-type: none"> <li>- Take off first wedge (16° plantarflexion)</li> <li>- Can take off boot at night and start Range of motion/passive exercises (assisted eversion, inversion and flexion, extension of the foot)</li> </ul>
Day 22	<ul style="list-style-type: none"> <li>- Take off second wedge (10° Plantarflexion)</li> <li>- Start active exercises</li> </ul>
Day 26	<ul style="list-style-type: none"> <li>- Take off third and fourth wedges (0° Plantarflexion)</li> </ul>
Day 34 and onward	<ul style="list-style-type: none"> <li>- Start active rehabilitation</li> </ul>
Day 40	<ul style="list-style-type: none"> <li>- Take off the walker boot completely</li> </ul>

3rd visit: 6 weeks

4th visit: 12 weeks

5th visit: 24 weeks

6th visit: 1 year