

## Calcaneal fracture

### Surgery

- 23 hour observation
- Surgery takes 1 ½-3 hours
- Nerve block for immediate postoperative pain
- Splinted (partial cast immediately post-op)
- 6 weeks non-weight bearing

### Post-op protocol

- Appointments
  - 7-10 days post-op: remove dressing and x-rays; PRAFO boot (non-weight bearing); range of motion exercises
  - 3 weeks post-op: stitches out; continue PRAFO boot (non-weight bearing); range of motion (ROM) exercises
  - 6 weeks post-op: x-rays; heel cups in a tennis shoe; Physical Therapy (PT)
    - 25% weight bearing for 1 week
    - 50% weight bearing for 1 week
    - 100% weight bearing as tolerated after 2 weeks out of boot
  - 10 weeks post-op: x-rays; continue PT
  - 6 months post-op: full release
- Medications
  - Tylenol with codeine for pain as needed
  - Phenergan for nausea as needed
  - Ibuprofen for inflammation and pain
- Recovery
  - Expect 9-12 months for full recovery and swelling to subside
  - Intermittent pain, swelling for 9-12 months
  - Return to most activities by 6 months
  - Return to work sedentary duty after 7-14 days, full duty after 3-6 months

### Complications

- Pain
- Stiffness
- Arthritis
- Need for hardware removal (plates/screws)- 15%

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