



Vacoped Boot Protocol

Week	Vacoped Boot Range of Motion	Activity
1	30 degrees = Level 3	Use crutches for balance, discuss level of weightbearing with physician.
2	30 degrees = Level 3	
3	25-30 Degrees = Top key Level 3, Bottom key between 2 and 3	Crutches as needed or as directed by physician Can start small ankle movements as shown in Exercise Booklet.
4	20-30 degrees = Top Key Level 3, Bottom key Level 2	
5	15-30 degrees = Top Key Level 3, Bottom key between 2 and 1	Discontinue crutches if have not already under direction of physician. Increase ankle mobility as shown in Exercise Booklet can add gentle active ankle dorsiflexion.
6	10-30 degrees = Top key level 3, Bottom key Level 1	
7	5-30 degrees = Top key Level 3, Bottom key Between 1 and 0	Remove Rocker Bottom. Continue to increase ankle mobility and strengthening as shown in Exercise Booklet.
8	0-30 degrees = Top key Level 3, Bottom key Level 0	
9-10	Wean out of Vacoped Boot as directed by physician	

*Please note that the timeline illustrated above through the protocol is what is recommended by Vacoped and may be adjusted by physician and health care team.