

ANKLE FRACTURE WITHOUT SYNDESMOSIS SURGERY

Post-Operative Rehabilitation

PHASE I – MAXIMUM PROTECTION (WEEKS 0 TO 6)

- Cast or boot for 6 weeks
- Elevate the ankle above the heart
- Toe touch weight bearing x 6 weeks
- Multi-plane hip strengthening
- Core and upper extremity strengthening

PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING (WEEKS 6 TO 8)

- 50% partial weight bearing with gradual progression to full weight bearing per physician instruction
- Restoration of normal gait mechanics
- Full active and passive ROM all planes
- Strong emphasis on restoring full dorsiflexion
- Isometric and early isotonic ankle
- Foot intrinsic strengthening
- Bilateral progressing to unilateral squat, step and matrix progression
- Proprioception training
- Non-impact cardiovascular work

PHASE III – PROGRESSIVE STRENGTHENING (WEEKS 8 TO 12)

- Restoration of full range of motion all planes
- Advance ankle and foot intrinsic strengthening
- Pool running progressing to dry land
- Linear progressing to lateral and rotational functional movements
- Bilateral progressing to unilateral plyometric activity

PHASE IV – ADVANCED STRENGTHENING (WEEKS 12 TO 16)

- Advance impact and functional progressing
- Sport specific drills on field or court with functional brace
- Sport test at 3-4 months based on progress
- Compete first year in a functional brace