

Rehabilitation Protocol: Ankle Open Reduction Internal Fixation

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Week 0-4:

- Patient non weightbearing in splint with ankle in equinus (toes toward ground)
- At 2 weeks, splint removed, wound checked, and placed into a boot. No weight.

Week 4-8:

- Continue boot use , non weight bearing until week 4
- PWB in boot from 4-6 weeks. Can WBAT in boot after 6 weeks.
- Boot discontinued at 8 weeks
- Passive / active dorsiflexion and plantar flexion stretch
- Inversion / Eversion ROM exercises
- Begin dorsiflexion and plantar flexion isometrics and progress to isotonic
- Can start riding a stationary bicycle
- Should be walking on a treadmill with wean up to 3.5 mph

Week 9-11:

- Advance strengthening

Week 12 +:

- Can begin jogging, stairmaster
- Add isokinetics
- Increase strengthening, endurance, proprioception, flexibility exercise
- Initiate sport specific drills with gradual return to athletics at or after 16 weeks

Comments:

Frequency: ____ times per week

Duration: _____ weeks

Signature: _____

Date: _____