

## Post-operative Rehabilitation Protocol

### ORIF Ankle Fracture

<b>General Guidelines</b>	<ul style="list-style-type: none"> <li>- You will be non weight bearing for minimum 6 weeks with a splint or boot</li> <li>- Recommend knee scooter, crutches, or walker for ambulation</li> <li>- Contact therapist or physician with any questions/concerns</li> </ul>		
	General Guidelines	Brace	Exercises
<b>Phase 1 – Early protection</b> <i>Weeks 0 - 6</i>	Strict elevation  <u>Ice</u> : 20 minutes on, 20 minutes off every hour  Fibulock nail may progress WB at 4 weeks	Post-operative splint  Transition to boot at 2-3 weeks post-op	Okay for hip and knee ROM exercises as tolerated Ok to begin Ankle ROM at 2 weeks once transitioned into boot
<b>Phase 2 – Early loading</b> <i>Weeks 6 - 10</i>	6-8 wks: Begin partial WB with crutches 8-10 wks: initiate WBAT  Monitor pain and swelling, if increase need to modify PT	Transition to boot to initiate walking	<u>Exercises</u> : Increase dorsiflexion – to restore gait, RICE, Ankle Alphabet, toe crunches, inversion/eversion, towel stretch for DF, <u>Modalities</u> : E-stim, Game ready
<b>Phase 3 - Transition</b> <i>Weeks 10-16</i>	Full weight bearing  Full ankle and subtalar AROM Restore gait on level surface, hills and stairs	Transition out of boot at 12 weeks once ambulating comfortably	<u>Exercises</u> : Gait training level surfaces, quad activation, stationary bike, Theraband DF/PF/inv/ev in open chain, leg extension, leg curl, leg press, one leg balance
<b>Phase 4 – Return to activities</b> <i>Weeks 16 – 22</i>	Full, pain-free ROM	None	Progress strengthening. Job-specific training Modalities PRN
<b>Phase 4 – Return to Sport</b> <i>Weeks 22+ Return to Sport</i>	Full, pain-free ROM	Lace up brace if instability	<u>Begin jog to run program</u> <u>Criteria to return to sports</u> : At least 90% limb symmetry on hop and isokinetic strength test. No reactive pain or swelling after sport-specific activities. MD Clearance <u>Encourage maintenance program based on functional sports assessment</u>