



ANKLE ORIF REHABILITATION PROTOCOL (PAGE 1 OF 2) P.J Warmoth D.O.

General Notes: The type of fracture and required fixation may dictate alterations to the general protocol below. Some patients may not progress as quickly as the protocol allows.

PHASE I - Goals: Wound healing and edema control.

Day 1

- 1. Foot wrapped in bulky Jones dressing with plaster preventing movement of the leg
- 2. Elevate, take pain medication
- 3. Expect numbness in leg for 4-72 hours depending on the type of anesthesia used.
- 4. Wiggle Toes as able.
- 5. Hang operative extremity down for one minute every hour while awake then return to elevated position to encourage circulation.

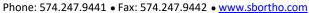
Day 10-14

- 1. First follow-up in the office, dressing is changed. Sutures removed when wound healed.
- 2. Placed into cast boot
- 3. Start plantarflexion (downward movement of the foot), dorsiflexion (upward movement of the foot) motion 4-5x per day out of the boot as tolerated
- 4. May shower when sutures are removed but do not submerge in swimming pool, hot tub, bathtub, lake, ocean.
- 5. Non-weight bearing.

PHASE II - Goals: Improve AROM, Control edema

2-4 Weeks

- 1. Initiate physical therapy.
- 2. Edema control
- 3. Continue active motion exercises
- 4. Towel curls with toes
- 5. Standing hamstring curls.
- 6. Upper body conditioning.
- 7. Sleep in boot





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4-6 Weeks

- 1. Start scar massage if needed and wound fully healed.
- 2. Continue AROM and start gentle inversion/eversion
- 3. Initiate light resistance bands all planes
- 4. Initiate seated toe and heel raises
- 5. Continue Non-weightbearing

PHASE III - Goals: Normal ROM. Initiate gait

6-8 Weeks

- 1. Second follow-up in the office. (Obtain ASO Brace for Week 10)
- 2. Advance weight bearing to full in cast boot over the course of two weeks
- 3. Wean from crutches as tolerated
- 4. May start pool activities if available and wound fully healed
- 5. Advance graduated resistance exercises
- 6. Advance AROM activities. May initiate AAROM/PROM as needed.
- 7. Begin proprioception/balance exercises when able to full weight bear
- 8. Initiate stationary cycling out of cast boot.

8-12 Weeks

- 1. Third follow up visit at approximately 12 weeks post op.
- 2. Advance proprioception exercises.
- 3. Wean from boot into ASO starting around week 10
- 4. Gait training
- 5. Continue cycle Initiate elliptical/stair climber as able

PHASE IV - Goals: Return to normal recreational/sporting activities

>12 Weeks

- 1. Initiate walk to run program.
- 2. Continue to retrain strength, power, endurance
- 3. Continue proprioception
- 4. Plyometric training and full weightlifting.
- 5. Sport Specific drills & Sprints
- 6. Wean out of ASO
- 7. Return to sport when functional progression passed