



## **Open Reduction Internal Fixation of the Ankle Rehabilitation Protocol for Physical Therapy**

### **Week 0-4:**

Patient non weightbearing in splint with ankle in equinus

At 2 weeks, splint removed, wound checked, and placed into a cast

### **Week 4-8:**

Cast removed

Patient placed into a boot

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**