

Ankle Fracture And Syndesmosis Fixation - Rehab Protocol

GENERAL RECOVERY PRINCIPLES: ♣ Come out of the boot at 2-week postop and begin to move your ankle up and down so your ankle does not get stiff. ♣ Compression stocking to be worn to control swelling along with ice/elevation ♣ Physical therapy to start at 2-4 weeks post op ♣ You may begin driving at 8 weeks if surgery on right foot, automatic transmission only for left post op.

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	None – use crutches, scooter, or wheelchair	Post-Surgical Splint	None	<u>Elevate</u> – “Toes above the nose”
Phase 2 2-6 weeks	None – use crutches, scooter, or wheelchair	Transition to CAM boot	Gentle AROM progressing to full ROM	Come out of boot for non-weightbearing ankle range of motion exercises (write alphabet letters in the air with big toe) Gentle scar massage and cryotherapy as needed Start quad/hip/core strengthening. Pain-free ankle isometrics: inversion, eversion, dorsiflexion and plantar flexion
Phase 3 6-12 weeks	Begin partial weight bearing and progress as tolerated over the course of 6 weeks as tolerated	Must WB in CAM Boot (due to syndesmotic fixation)	Full	Continue eversion, inversion and plantar flexion isometrics with low resistance bands. Progress proprioception exercises Low resistance exercises to rebuild strength as tolerated. Pool exercises ok if after 6 weeks if wounds are perfectly healed.
Phase 4 >12 weeks	Full	If able to weight bearing without difficulty in CAM Boot, then can progress to normal shoe wear	Full	Continue eversion, inversion and plantar flexion isometrics with resistance bands. Stationary bike/elliptical/Treadmill walking/stair climbing. Progress proprioception exercises and single toe raises. May begin elliptical, bike and pool-based exercises* Progress running to jogging. Increase conditioning activities



Phase 5 >16 weeks	Full	Normal shoes if pain free	Full	Treadmill running progressing to outdoor running. Initiate agility: figure of 8 and cutting drills Sport/job specific training Full return to sport/strenuous work/high impact activities 4-6 months postop.
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Note: Early follow-up appointments are at 2, 6 and 12 weeks post-operatively with additional follow-up appointments will be scheduled based on progression through rehabilitation.