

REHABILITATION PROTOCOL: ANKLE FRACTURE

□ Phase 1 (Weeks 0-6)

- Weight bearing: Non-weight bearing with crutches
- Range of motion
 - PROM/AROM/ AAROM ankle, inversion/eversion, toe flexion/ extension

□ Phase 2 (Weeks 6-12)

- Weight bearing: Weight bearing as tolerated if cleared by surgeon
- Range of motion
 - PROM/AROM/ AAROM ankle, inversion/eversion, toe flexion/ extension
- Therapeutic exercises
 - Seated heel raises
 - Isometric dorsiflexion to neutral
 - Resistance bands for plantarflexion/ inversion/ eversion
 - Proprioception exercises- single leg stance with front support to avoid excessive dorsiflexion
 - Soft tissue mobilization/ scar massage/ desensitization/ edema control

□ Phase 3 (Months 3-6)

- Weight bearing: Full
- Range of motion
 - PROM/AROM/ AAROM ankle, inversion/eversion, toe flexion/ extension
- Therapeutic exercises
 - Standing heel raises
 - Single leg eccentric lowering
 - Step-ups, side steps
 - Proprioception exercises- balance board
 - Progress with strengthening, proprioception and gait training activities
 - Begin light jogging at 12-14 weeks
 - Running/ cutting at 16 weeks
 - RETURN TO SPORTS at 5-6 months