

# Ankle Ligament Reconstruction Internal Brace Rehabilitation Protocol

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## Phase I: Weeks 1-2

### Goals

- Rest and recovery from surgery
- Control swelling and pain
- Increase ADL (Activities of daily living)

### Guidelines

- WB as tolerated to FWB (full weight bearing) in CAM boot. Most people can be without crutches within 3-4 days.
- Sutures removed @ 10 -16 days. CAM boot for another 2 weeks
  - Can get out of the boot to shower, but should also start active ROM
  - Stationary bike, walk, use elliptical trainer etc. in the boot.
- Education: surgery, healing time, anatomy, rehab phases
- Encourage ADL
- Rest and elevation to control swelling
- Control pain
- Hip and knee AROM

## Phase II: Weeks 3-6

**\*\*\*WILL BE DETERMINED WITH YOUR PHYSICAL THERAPIST- One could progress to Phase III earlier if goals are met and pain is minimal\*\*\***

### Goals

- Allow healing while maintaining upper body, core, hip/knee strength and ROM

### Guidelines

- All should be Full WB by 3 weeks. Can start to walk without the Boot. Use Boot for fatigue and activities where you are unsure of the terrain.
- Massage for swelling
- Elevation to control swelling
- @ 3 weeks after surgery:
  - Will be provided with an ankle brace and start official rehab
  - Begin AROM (Active range of motion) ankle PF (plantar flexion)/ DF (dorsiflexion)/eversion and toe flexion/extension
  - Can bike, walk, use elliptical trainer, etc. without the boot.

**Phase II: Weeks 3-6****Guidelines continued..**

- All activities are guided by pain level. If your pain is less than 3 out of 10, you could continue. If more than that, rehab should be altered and slowed down. If you have an episode of pain more than 7 out of 10 that does not subside within 30 minutes, you should see your surgeon.
- Core exercises
  - abdominal recruitment
  - bridging on ball
  - ball reach
  - arm pulleys or theraband using diagonal patterns
- Hip: AROM
  - strength: clam, sidelift, glut max, SLR (straight leg raise)
- Knee: AROM
  - strength: SLR, theraband press or leg machine
- Stretching: glut max, glut med, piriformis, rectus femoris, hamstrings
- Can start **Proprioception activities and Agility training** if pain is minimal, ROM is good and everything is going well.

**Phase III: Weeks 6-8**

**\*\*\*WILL BE DETERMINED WITH YOUR PHYSICAL THERAPIST- One could progress to Phase IV and V if goals are met and pain is minimal\*\*\***

**Goals**

- All and any activity with pain and swelling controlled.

**Guidelines**

- Full rehab without restrictions as long as pain/discomfort is 3 out of 10 or less.
- Stationary bicycle
- AROM:
  - Inversion/eversion
  - continue with ankle PF/DF, toe flex/extension
- Continue with
  - core exercises – progress to standing exercises
  - hip strength exercises
  - knee strength exercises
- Manual mobilization to joints not part of ligament reconstruction
- **Proprioception activities**
- **Agility training**
  - In regular shoe
  - Still wearing the ankle brace for sporting activities
  - Control swelling +/- pain with elevation or modalities as required
- AROM in WB
- Manual mobilization as required

### **Phase III: Weeks 6-8**

#### **Guidelines continued...**

- Muscle stimulation
- Intrinsics
- Invertors/evertors if required
- Gait training
- Continue strengthening core, hips and knees
- Proprioceptive training: single leg stance on even surface

### **Phase IV: Week 8-9**

#### **Goals**

- Full ROM in WB
- Good single leg balance
- Near full strength lower extremity

#### **Guidelines**

- Still to use the ankle brace for certain sport specific activities (ie: basketball)
- Proprioceptive training
  - single leg stance on even surface with resistance to arms or WB leg - double leg stance on wobble board, Sissel, fitter
  - single leg wobble board, Sissel, fitter with resistance to arms or NWB leg
- Strength
  - toe raises, lunges, squats
  - hopping, skipping, running @ 14+ weeks
  - manual mobilizations if required

### **Phase V: Week 10+**

#### **Goals**

- Full functional return to work +/- activity

#### **Guidelines**

- Continue to build endurance
- Work specific or activity specific training
- Plyometric training