

Accelerated Ankle Fracture ORIF Protocol

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This protocol provides a general guideline for recovery and progression of rehabilitation according to specified time frames. Specific changes in the program will be made by the physician as appropriate for the individual patient. It may take up to a year to make full recovery, and it is not unusual to have intermittent pains and aches during that time.

*****Please fax initial assessment and subsequent progress notes directly to Dr. Holthusen at (952) 442-2029.**

PHASE 1: 0-2 WEEKS

Goals

- Rest and recovery from surgery
- Control swelling and pain with elevation and activity modification
- Non weight bearing in post op splint
- Gradual increase in activities of daily living (ADL) as symptoms improve

Guidelines

- Exercises for HEP:
 - Gentle isometrics in cast, AROM hip, knee, UE exercises
- Toe AROM to tolerance.
- Education: surgery, anatomy, healing time, rehab phases

*2 week PA visit

PHASE 2: 3-6 WEEKS

Goals

- Transitioned into CAM boot and remain non weight bearing for 2 more weeks
- Begin gentle ankle range of motion exercises
- Begin PT
- At 4 weeks post op begin weight bearing progression in CAM boot.
 - Gait training: Gradual increase in weight bearing (in shoe) starting at 20lbs, increase 20 lbs every 2-3 days over 1 month period to FWB

Guidelines

- OK to remove boot for hygiene (i.e. showers)
- OK to remove boot for gentle range of motion exercises
- Continue elevation when seated
- Progress range of motion exercises as incisions heal - ankle pumps, alphabets, figure eights, inversion/eversion

- Desensitization techniques PRN. Gentle scar massage
- Must sleep in boot
- Continue AROM hip, knee, UE exercises

*6 week MD visit

PHASE 3: 7-12 WEEKS

Goals

- Continue progressive weight bearing in CAM boot for next 2 weeks.
 - At 8 weeks post op may begin to transition into regular shoe wear
- Progress range of motion
- Begin strengthening exercises

Guidelines

- May slow progression if painful
- AAROM/PROM ankle, subtalar joint, forefoot, toes. Measure range of motion.
- Thera-band strengthening in all planes

*12 week MD visit

PHASE 4: 13-16 WEEKS

Goals

- Progress strengthening and increase activity as tolerated
- Begin balance and proprioceptive training

Guidelines

- Ankle, subtalar isometric, isotonic strengthening
- Soft tissue mobilization
- Sample exercises for home exercise program:
 - Progressive calf stretching
 - Progressive strengthening using elastic band
 - Single leg stance activities
 - Step-ups, stairs
 - Foam standing wobble board/Baps

PHASE 5: 17+ WEEKS

Goals

- Progression of gait, advanced balance and proprioception activities
- Advanced balance & gait training, maximize quality of gait
- Higher impact activities O.K.

Guidelines

- Functional assessment: e.g. timed single leg stance balance and reach, heel raise, squats, step ups