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Ankle Fracture ORIF Advanced Rehab Protocol

General Notes: The type of fracture and required fixation may dictate alterations to the general protocol below. Some patients may not progress as quickly as the protocol allows.

PHASE I:**Goals: Wound healing and edema control****Day 1:**

1. Foot placed in CAM boot for stabilization and wound protection
2. Elevate, take pain medication
3. Expect numbness in leg for 4-72 hours depending on the type of anesthesia used
4. Wiggle Toes as able
5. Hang operative extremity down for one minute every hour while awake then return to elevated position to encourage circulation
6. Crutches for ambulation, advance weight bearing as tolerated while in CAM boot
7. Sleep in CAM boot

Day 10-14:

1. First follow-up in the office, dressing is changed. Sutures removed when wound healed.
2. Begin gentle ankle range of motion, avoid inversion, eversion
3. Start plantarflexion (downward movement of the foot), dorsiflexion (upward movement of the foot) motion 4-5x per day out of the boot
4. May shower when sutures are removed but do not submerge in swimming pool, hot tub, bathtub, lake, ocean
5. Weight Bearing as tolerated in CAM boot
6. Sleep in CAM boot

PHASE II**Goals: Improve AROM, control edema, normalize gait****2-4 Weeks:**

1. Initiate physical therapy
2. Edema control
3. Continue active motion plantarflexion/dorsiflexion. Avoid inversion/eversion
4. Towel curls with toes
5. Standing hamstring curls.
6. Upper body conditioning.
7. Sleep in CAM boot
8. Weight bearing as tolerated in CAM boot

4-6 Weeks

1. Start scar massage if needed and wound fully healed
2. Continue AROM and start gentle inversion/eversion
3. Advance AROM activities, may initiate AAROM/PROM as needed
4. Initiate light resistance bands all planes

5. Initiate seated toe and heel raises
6. Initiate stationary cycling out of cast boot
7. Gait training
8. May start pool activities if available and wound fully healed
9. Wean from CAM boot into lace-up ankle brace

PHASE III

Goals: Normal ROM, initiate proprioception

6-8 Weeks:

1. Second follow-up in the office
2. Continue weight bearing with lace up brace
3. Advance graduated resistance exercises
4. Begin proprioception/balance exercises out of lace up brace

8-12 Weeks:

1. Third follow up visit at 10-12 weeks post op
2. Advance proprioception exercises
3. Continue cycle, initiate elliptical/stair climber as able
4. Wean from ankle brace

PHASE IV

Goals: Return to normal recreational/ sporting activities

>12 Weeks:

1. Initiate walk to run program
2. Continue to retrain strength, power, endurance
3. Continue proprioception
4. Plyometric training and full weight lifting.
5. Sport Specific drills
6. Sprints
7. Return to sport when functional progression passed