



Ankle Open Reduction Internal Fixation

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The surgeon may specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I (0 – 8 Weeks)	Phase II (8 – 12 Weeks)	Phase III (Weeks 12+)
<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • NWB to WBAT (depending on fracture stability) • CAM boot after postop splint • Immobilization per surgeon <p>RANGE OF MOTION</p> <ul style="list-style-type: none"> • PROM to AROM as tolerated <p>EXERCISES</p> <ul style="list-style-type: none"> • AROM • Isometrics • Pre-gait activities • Gait Training within restrictions 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • WBAT • Phase out of CAM boot • Bracing per surgeon/quality of gait <p>RANGE OF MOTION</p> <ul style="list-style-type: none"> • PROM to AROM as tolerated with goal of normal ROM, symmetry <p>EXERCISES</p> <ul style="list-style-type: none"> • ROM • Open → Closed Kinetic Chain Strengthening • Proprioception • Gait training 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • FWB • Plyometrics • Bracing per patient confidence <p>RANGE OF MOTION</p> <ul style="list-style-type: none"> • AROM as tolerated <p>EXERCISES</p> <ul style="list-style-type: none"> • Continue with progression of previous phases • Agility drills • Pool/treadmill walking – return to running as tolerated • Proprioception • Plyometrics • Sport specific drills/activities
<p>General Goals</p> <ul style="list-style-type: none"> ✓ Tissue healing ✓ Decrease swelling ✓ Increase strength ✓ Increase range of motion ✓ Pain management 	<p>General Goals</p> <ul style="list-style-type: none"> ✓ Normal gait (non-antalgic) ✓ Increase strength ✓ Increase range of motion 	<p>General Goals</p> <ul style="list-style-type: none"> ✓ Return to baseline ✓ Return to sport

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