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REHAB PROTOCOL: ORIF Ankle Fracture

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Week 0-2:

- Patient non weightbearing in splint
- At 2 weeks, splint removed

Week 2-8:

- Patient placed into a boot
- NWB in boot from 4-6 weeks. **Can WBAT in boot after 6 weeks.**
- Boot discontinued at 8 weeks
- Passive / active dorsiflexion and plantar flexion stretch
- Inversion / Eversion ROM exercises
- Begin dorsiflexion and plantar flexion isometrics and progress to isotonic
- Can start riding a stationary bicycle
- Should be walking on a treadmill with wean up to 3.5 mph

Week 9-11:

- Advance strengthening

Week 12 and Beyond:

- Can begin jogging, stair master
- Add isokinetics
- Increase strengthening, endurance, proprioception, flexibility exercise
- Initiate sport specific drills with gradual return to athletics at or after 16 week

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____

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