

Physical Therapy Prescription for:

label

Diagnosis: Ankle Fracture with Tib/Fib Instability**Surgical Procedure: ORIF [] distal fibula [] medial malleolus, [] syndesmosis repair with Tightrope, [] Deltoid ligament repair****Date of Surgery:****Brace:** CAM Boot starting at 2 weeks**Weeks 1 and 2:**

- Short leg splint
- Strict non-weight bearing and elevation

Weeks 3 and 4:

- Strict non-weight bearing and elevation, sleep in boot
- Plantarflexion and dorsiflexion 4-5x per day out of boot
- Towel curls with toes
- Standing hamstring curls
- Upper body conditioning

Weeks 5 and 6:

- Partial weight-bearing
- Ok to start scar massage
- Start gentle inversion/eversion range of motion
- Initiate light resistance bands in all planes
- Seated toe and heel raises

Weeks 7 and 8:

- Weight bearing as tolerated, wean from crutches

- May start pool therapy
- Advance graduated resistance exercises
- Advance AROM activities. May initiate AAROM/PROM as needed
- Begin proprioception/balance exercises when able to fully weight bear
- Initiate stationary cycling out of boot

Weeks 9 to 12:

- Transition to shoe/sneaker with lace-up ankle brace
- Advance proprioception exercises
- Gait training
- Continue cycling, initiate elliptical/stair climber as able

Weeks 13+:

- Ok to start a return to run program
- Continue to retrain strength, power, endurance
- Continue proprioception
- Plyometric training and full weight lifting
- Sport specific drills as indicated
- Wean out of lace-up ankle brace