

Sports Medicine

Center for Musculoskeletal Care 333 East 38th Street New York, NY 10016 Tel: (646) 501-7223 (RACE)

Rehabilitation Protocol: Ankle Open Reduction Internal Fixation

Name:		Date:
Diagnosis:		Date of Surgery:
	on weightbearing in splint with s, splint removed, wound che	h ankle in equinnus (toes toward ground) cked, and placed into a cast
 PWB in both Boot disconnection Passive / Section Inversion Begin dor Can start 	aced into a boot oot from 4-6 weeks. Can WBA' ontinued at 8 weeks active dorsiflexion and planta / Eversion ROM exercises	r flexion stretch sometrics and progress to isotonics
Week 9-11: - Advance s	trengthening	
Add isokingIncrease s	trengthening, endurance, pro	prioception, flexibility exercise Il return to athletics at or after 16 weeks
Comments:		
Frequency:	times per week Dura	ation: weeks
a		D. C.