Rehabilitation Protocol: Ankle Open Reduction Internal Fixation

Name: ___________________________________________  Date: __________________________

Diagnosis: ______________________________________  Date of Surgery: ________________

**Week 0-4:**
- Patient non weightbearing in splint with ankle in equinus (toes toward ground)
- At 2 weeks, splint removed, wound checked, and placed into a cast

**Week 4-8:**
- Cast removed
- Patient placed into a boot
- PWB 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 isotonics
- 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 +:**
- Can begin jogging, stairmaster
- Add isokinetics
- Increase strengthening, endurance, proprioception, flexibility exercise
- Initiate sport specific drills with gradual return to athletics at or after 16 weeks

Comments:

Frequency: _____ times per week  Duration: ______ weeks

Signature: ________________________________  Date: __________________________