

Post-Operative Instructions **Syndesmosis Repair**

Day of Surgery

- A. Diet as tolerated.
- B. Pain medication as needed every 6 hours.
- C. Icing is important for the first 5-7 days post-op. Ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.
- D. Make sure you have a physical therapy post-op appointment set up to start two weeks after surgery

First Post-Operative Day

- A. Continue icing
- B. You will need to keep your incision dry when taking a shower. Do this for about 2 weeks after surgery. If you have a splint or half cast (hardshell) leave it dry. No need to do dressing changes until your first follow-up visit at 2 weeks post-op.

Second Post-Operative Day

- A. Continue icing

Third Post-Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. You may remove the surgical bandage after you shower and apply waterproof bandages to the wounds. If you have a splint you do not need to change anything. Keep extremity dry until first follow up appt

Ankle Support

- A. Weeks 0-2: posterior slab/splint
- B. Weeks 2-6: Aircast/CamWalker type boot. No weight bearing
- C. Weeks 6-8 WBAT (weightbearing as tolerated in boot)
- D. Week 8-12: wean off boot

Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com.

Rehabilitation Protocol: Syndesmosis Repair

Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

- Weeks 0-2**
- Patient non weightbearing in splint with ankle in equinus (toes toward ground)
 - At 2 weeks, splint removed, wound checked, and placed into a CAM boot

- Weeks 2-10**
- Patient placed into a boot
 - NWB in boot from for first 6 weeks
 - Can increase to partial weight bearing (50%) weeks 6-7
 - Then WBAT with CAM boot weeks 7-8
 - 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

- Weeks 10-12**
- Can start riding a stationary bicycle (week 10)
 - Should be walking on a treadmill with wean up to 3.5 mph
 - Advance strengthening

- Weeks 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:** _____