

Ankle Fracture

Physical Therapy Post-op Protocol

***Blood Flow Restriction (BFR) encouraged at all stages**

Weeks 0-2

- Posterior mold splint
- NWB with crutches or scooter

Weeks 2-6

- Transition to walking boot, wear at all times except when bathing
- Continue NWB in boot, use crutches and scooter as needed
- Quad sets, hip abductor, core strengthening
- Active dorsiflexion to neutral
- Passive plantarflexion, no active plantarflexion

Weeks 6-12

- Transition to full weight bearing in boot
- OK for Blood Flow Restriction
- Increase ankle range of motion, drawing ankle shapes and circles
- Initiate heel cord stretching

Months 3-5

- Stationary cycling as tolerated
- Progressive depth flat footed mini-squats
- Proprioception
- Lateral sliding board maneuvers
- Single leg balance exercises
- Progress to active bilateral heel raises
- Progressive resistance with Theraband ankle strengthening exercises, no weights
- Transition to gym program/HEP
- OK to advance resistance strengthening, OK for BFR
- Stationary jogging and jumping on mini-trampoline
- Straight ahead jog to run progression
- Progressive cutting/agility maneuvers
- Closer to 6 months, transition to sport specific activities