

Ankle Fracture ORIF Post-op Protocol

PHASE I- Begin at 6-12 Weeks Post-op

Goals:

- Continue healing of fracture site
 - Do not overstress healing structures
 - Normalize ROM
 - Enhance dynamic stability through neuromuscular control
 - Initiate gradual return to functional activities and light work activities
 - Note: progression is time and criterion based and needs to progress per continuous assessment of patient's impairments and functional limitation
1. Initiate functional weight bearing exercises at week 8 post op
 2. Initiate balance/proprioception exercises
 3. Advance intensity of ROM if indicated
 4. May transition from CAM walker to removable ankle brace at 8 weeks

PHASE II- Begin at 12+ weeks

Criteria to progress to Phase 2:

- Minimal to no pain
- Full AROM without substitution
- 5/5 strength
- Non antalgic gait

Goals:

- Full P/AROM
 - Enhance dynamic stability
 - Gradual restoration of strength, power, and endurance
 - Advance neuromuscular control
 - Return to full ACLs/work
 - With syndesmotoc fixation adjust time frames pending timing of hardware removal
1. Advance all activities based upon patient goals and expectations
 2. May initiate impact and sport specific movements with physician approval
 3. Each patient is an individual and should be treated as such. Work together with the referring orthopedic for optimal patient outcome.