

Ankle Fracture Repair

Physical Therapy Protocol

Keys to a Successful Outcome

- Make sure incisions are well healed before more aggressive movements/exercises
- Ice and elevate frequently to minimize swelling
- Between 0-6 weeks from surgery, end range motion should not be stressed, and pain should be minimized as to not disrupt the repair

Phase	Brace	ROM Goals	WB	Exercises
Weeks 0-2	Splint	None	TTWB	None
Weeks 2-4	Walking boot	PROM/AAROM	TTWB	AROM for ankle, subtalar, midtarsal within comfortable levels; ankle alphabet
Weeks 4-6	Walking boot	Full AROM	TTWB	Progress as tolerated, towel stretch, e-stim, retrograde massage
Weeks 6-8	Walking boot	FAROM	WBAT	Begin WB, gait training, stationary bike, open chain theraband, seated heel raise
Weeks 8-12	Wean from boot	FAROM	WBAT	proprioceptive exercises, leg curl/ext, mini-squat, standing heel raise
Weeks 12+	Regular shoes	FAOM	WBAT	Closed chain theraband exercises, progress proprioception, agility exercises, sport and job specific training

Patient Instructions

- Call MD for redness, drainage, or worsening pain

General Time Frames for ADLs

- Driving: 2-8 wks (left leg), 9 wks (right leg)
- Running/jogging: 3-4 mo
- Unrestricted sport activities: 4-6 mo (simple fractures), 6-12 mo (complex fractures)