

**ANKLE ORIF**  
**REHABILITATION PROTOCOL (PAGE 1 OF 2)**  
**Adam Cien, D.O.**

**General Notes:** The type of fracture and required fixation may dictate alterations to the general protocol below. Some patients may not progress as quickly as the protocol allows.

**PHASE I - Goals:** Wound healing and edema control.

Day 1

1. Foot wrapped in bulky Jones dressing with plaster preventing movement of the leg
2. Elevate, take pain medication
3. Expect numbness in leg for 4-72 hours depending on the type of anesthesia used.
4. Wiggle Toes as able.
5. Hang operative extremity down for one minute every hour while awake then return to elevated position to encourage circulation.

Day 10-14

1. First follow-up in the office, dressing is changed. Sutures removed when wound healed.
2. Placed into cast boot
3. Start plantarflexion (downward movement of the foot), dorsiflexion (upward movement of the foot) motion 4-5x per day out of the boot as tolerated
4. May shower when sutures are removed but do not submerge in swimming pool, hot tub, bathtub, lake, ocean.
5. Non-weight bearing.

**PHASE II - Goals:** Improve AROM, Control edema

2-4 Weeks

1. Initiate physical therapy.
2. Edema control
3. Continue active motion exercises
4. Towel curls with toes
5. Standing hamstring curls.
6. Upper body conditioning.
7. Sleep in boot

## **REHABILITATION PROTOCOL (PAGE 2 OF 2)**

**Adam Cien, D.O.**

### 4-6 Weeks

1. Start scar massage if needed and wound fully healed.
2. Continue AROM and start gentle inversion/eversion
3. Initiate light resistance bands all planes
4. Initiate seated toe and heel raises
5. Continue Non-weightbearing

**PHASE III - Goals:** Normal ROM. Initiate gait

### 6-8 Weeks

1. Second follow-up in the office. (Obtain ASO Brace for Week 10)
2. Advance weight bearing to full in cast boot over the course of two weeks
3. Wean from crutches as tolerated
4. May start pool activities if available and wound fully healed
5. Advance graduated resistance exercises
6. Advance AROM activities. May initiate AAROM/PROM as needed.
7. Begin proprioception/balance exercises when able to full weight bear
8. Initiate stationary cycling out of cast boot.

### 8-12 Weeks

1. Third follow up visit at approximately 12 weeks post op.
2. Advance proprioception exercises.
3. Wean from boot into ASO starting around week 10
4. Gait training
5. Continue cycle - Initiate elliptical/stair climber as able

**PHASE IV - Goals:** Return to normal recreational/ sporting activities

### >12 Weeks

1. Initiate walk to run program.
2. Continue to retrain strength, power, endurance
3. Continue proprioception
4. Plyometric training and full weight lifting.
5. Sport Specific drills & Sprints
6. Wean out of ASO
7. Return to sport when functional progression passed