

Ankle ORIF PT Protocol

Week 0-4:

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

Week 4-8:

- Cast removed
- Patient placed into a boot
- Begin 25% WB at week 5. 50% week 6. 75% week 7. 100% week 8.
Begin weaning from boot at week 8.
- Passive / active dorsiflexion and plantar flexion stretch
- Inversion / Eversion ROM exercises
- Begin dorsiflexion and plantar flexion isometrics and progress to isotonic
- Can start riding a stationary bicycle
- Should be walking on a treadmill with wean up to 3.5 mph

Week 9-11:

- Advance strengthening

Week 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