

## Ankle Fracture REHAB Protocol

### **EARLY PHASE (Weeks 0-6)**

#### ***Weight Bearing and Range of Motion:***

Complete NWB to the lower extremity  
Maintain integrity of fixation/repair

#### ***Therapeutic Elements:***

Ice every 20 minutes each hour  
Elevate above the level of the heart as much as possible  
Take anti-inflammatories, pain medication as directed

#### ***Goals:***

Control pain/swelling  
Promote tissue and fracture healing

### **WEIGHT BEARING PHASE (Weeks 6-8)**

#### ***Weight Bearing and Range of Motion:***

WBAT +/- crutches in CAM walker  
Begin neuromuscular training  
Initiate balance, proprioception and gait training  
Advance ROM as tolerated

#### ***Therapeutic Elements:***

Retrograde soft tissue mobilization for edema reduction

#### ***Goals:***

Weight bearing in protective boot without discomfort  
Normal gait  
Restore normal active ROM in all planes



## **STRENGTHENING PHASE (Months 3+)**

### ***Weight Bearing and Range of Motion:***

Weight bearing as tolerated in ankle brace with rigid and supportive sneakers  
Progress balance activity to single leg dynamic activity from stable to unstable surfaces  
Begin bilateral plyometrics as tolerated  
Cardiovascular training, agility and jogging as tolerated

### ***Therapeutic Elements:***

Continue above

### ***Goals:***

Normal strength/balance  
Return to work/sport  
Pain free daily activities

## **STRENGTHENING PHASE (Months 3+)**

### ***If there is \*syndesmotic fixation***

Hardware removal between 10-12 weeks

***\*It is important to note that each patient has an individualized rehabilitation protocol and this is a generalized overview of the rehabilitation process***