

This protocol provides you with general guidelines for the rehabilitation of the patient undergoing above procedure. Specific changes in the program will be made by the physician as appropriate for the individual patient

0-2 weeks

- Partial weight bearing in walking boot with crutches
- Elevate leg and cold therapy
- Start home exercise program for stretching and ROM exercises

2-6 weeks

- Advance to weightbearing as tolerated in boot
- Assess range-of-motion Start home exercise with resistance bands
- Proprioception, ex. BAPS (biomechanical ankle platform system) board, and gait training with brace and athletic shoe
- Resistance band exercises and stationary bike program
- Progress from bike to elliptical trainer to stair climber

6-8 weeks

- Start weaning out of boot over next 2-4 weeks to ankle stirrup brace, depending on comfort
- Continue ROM, resistance exercises.
- Begin strengthening exercises
- Normal gait in walking boot or brace

8-10 weeks

- Increase in weight-bearing exercises
- Strengthen entire lower extremity

3-6 months

- Running with brace 2 months
- Sport-specific agility drills
- Return to sport