

General Principles: The total length of rehabilitation will vary depending on the following factors: severity or acuteness of injury, age, health or personal goals of patient.

PHASE I

- Weeks 0 – 2:
 - NON weight bearing in splint vs. Fixed Ankle Walker with ankle in neutral position
 - Modalities
 - 1. Ice as needed
 - 2. Compression and elevation as needed to control pain and to control swelling
 - Orthotics
 - 1. Ankle brace per physician orders to be used for exercises and activities of daily living (ADL's).
 - 2. Less stable injuries may require a walking boot per physician.

PHASE II

- Weeks 2 - 6:
 - NON weight bearing in Fixed Ankle Walker
 - Modalities
 - Continue only as needed. Manual
 - Soft tissue mobilization with and without tool assist to help promote surrounding tissue release
 - Gentle joint mobilization for ROM assist
 - Orthotics
 - Fixed ankle walker
 - Ankle brace for rehabilitation and sport/work activities.
 - Exercises
 - Passive range of motion: Towel stretch for gastrocnemius/soleus.
 - Active range of motion: Elevated ankle pumps, ankle alphabet, seated BAPS board and toe curling.
 - Ankle Pump: Point toe, then pull back toward you as hard as possible
 - Towel Gather: Spread out towel on floor. Pull toward you with toes until towel is fully gathered around foot. Repeat 10-15 times
 - Ball Pick-up: Grasp ball between 1st and 2nd toes; pick up and transfer to opposite pile. Repeat 15 times

- Towel Stretches: Sit on a hard surface with your injured leg stretched out in front of you. (a). Loop towel around foot and pull back to get a good stretch for 20 seconds and relax for 20seconds (b). Pull towel so that foot turns to side; hold for 20 seconds, then pull to the other side; hold for 20 seconds. (c). Bend leg at 90 degree angle and loop towel around forefoot. With leg bent pull foot back for 20 seconds and relax for 20 seconds
 - Ankle range of motion: You can do this exercise sitting or lying down. Pretend you are writing each
 - Boot discontinued at 8 weeks
 - Passive / active dorsiflexion and plantar flexion stretch
 - Inversion / Eversion ROM exercises
 - Begin dorsiflexion and plantar flexion isometrics and progress to isotonics
 - Can start riding a stationary bicycle. Elliptical/ARC Trainer
 - Should be walking on a treadmill with wean up to 3.5 mph

PHASE III

- Weight bearing AS TOLERATED in boot after 6 weeks if healing on xray
- Modalities
 - 1. Continue only as needed.
- Manual
 - 1. Soft tissue mobilization with and without tool assist to help promote surrounding tissue release
 - 2. Gentle joint mobilizations for ROM assist
- Orthotics
 - 1. Continue as in Phase II.
- **Weeks 6-8:**
 - May begin resistive inversion/eversion exercises as appropriate
 - Progressive resistive exercises as tolerated.
- **Weeks 8-10:**



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