

**GARRETT COUNTY ORTHOPAEDICS**  
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**ANKLE FRACTURE**

**Phase I (Post-op Weeks 1 – 6)[extend to 8 weeks for Diabetic/Vasculopathic Pts]**

- Non-weight bearing – crutches or roll-a-bout knee scooter
- Splint for 2 weeks, then Short Leg Cast for 4 more weeks
- Elevate ankle to level of heart
- 4-way SLR
- AROM hip and knee

**Goal:** *Pain and Effusion controlled*

**Phase II (Weeks 7 – 12)[Weeks 9 – 16 for Diabetic/Vasculopathic Pts]**

- Progressive-weight bearing (D/C crutches when gait is WNL)
- CAM walker boot
- Begin ankle Range of Motion
- Stationary bike in CAM Walker if tolerated
- Continue hip/knee ex: add HS curls
- Upper body exercises okay (seated or bench only – no pushups)
- Begin Scar massage/mobilization with oil/cream at 4 weeks

**Goal:** *No increase in pain, Full WB by 10 weeks*

**Phase III (Months 3 – 5)[Months 4 – 6 for Diabetic/Vasculopathic Pts]**

- Full weight bearing as tolerated
- Trilok Ankle brace; Discontinue CAM Walker boot as tolerated
- Ankle AROM – pumps, alphabet, rotations
- Light Theraband ex all directions
- Gastroc/Soleus Stretching
- Sitting BAPS board
- Total Gym Leg Press at low levels
- Standing single leg balance/well-leg tubing if tolerated
- Stationary bike
- Pool therapy – chest or shoulder deep only

**Goals:** *Normal Gait, Full DF/PF ROM, no increase in edema or pain*

**Phase IV (Months 6 – 7)**

- Trilok Brace
- Continue appropriate previous exercises and progress as tolerated
- Theraband ex all directions with increased resistance as tolerated

- Lower extremity closed chain strengthening – leg press, heel raises, step ups, mini squats, well-leg tubing/perturbations
- Proprioception ex – Single leg BAPS, Ball Toss, Body Blade, Balance
- Functional activities – Fitter, Slide board, cone/obstacle course
- Treadmill – Walking progression program
- Elliptical trainer or stairmaster

**Goals:** *Normal gait, Symmetrical ROM, strength 5/5 PF and DF, 4+/5 INV/EVER*

#### **Phase V (Months 8-9)**

- D/C Trilok as tolerated for everyday activities
- Wear ankle brace for all sports until 9 months post-op
- Continue progressive strengthening and proprioception exercises
- Agility drills / Plyometrics and progress as tolerated
- Treadmill – Running progression program, progress to track (in brace)

**Goals:** *Normal strength at 9 months post-op, Functional tests at least 90% of opposite leg to clear for sports and discharge (single leg hop and 12 meter hop for time, figure of 8 running at full speed)*

***No sports until goals are met***

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Orthopaedic Surgeon