

Ankle Fracture Rehab Protocol - Operative

Office visits:

- 2w, 6w, 12w, 6m, 12m

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 6-week appointment.

Weeks 0-2:

Immobilization	• Short leg splint
Weight Restrictions	• Non-weight bearing
Range of Motion	• No ankle motion
Exercises	• None
Misc	• Edema control with ice, elevation

Weeks 2-6:

Immobilization	• Short leg splint or cast
Weight Restrictions	• Non-weight bearing
Range of Motion	• No ankle motion
Exercises	• None
Misc	• Edema control with ice, elevation, and foot pumps

Weeks 6-12:

Immobilization	• Walking boot
Weight Restrictions	• As tolerated in boot
Range of Motion	• Start PT for ankle motion and calf isometrics
Exercises	• Ankle motion, calf isometrics, etc at PT discretion

Months 3+:

Immobilization	• Wean from boot
Weight Restrictions	• Weight bearing as tolerated out of boot
Range of Motion	• Full motion
Exercises	• Progress strengthening as tolerated