

Patient Name:

Patient Phone:

Surgery/DOS:

Surgeon:

ANKLE RECONSTRUCTION REHABILITATION PROTOCOL

RESTRICTIONS:

NWB x 2 weeks. Then TDWB with Boot until 6 weeks. Transition to boot with MD at 2-week follow up.

Stage I/early recovery: week 0 to 6

Protect surgical repair. Begin PT 3-5 days after surgery. PT 1-2 times per week.

Motion: no ankle ROM.

Therapeutic exercise: Isometric quad sets → SLR x 4 ways. Glute and HS sets. Edema control, modalities per therapist. Soft tissue mobs/desensitization. UE strengthening/core.

Cardio: Bike with well leg only and UE bike.

Stage II: week 7 to 10

PT 2 times per week. Wean from boot, wean from crutches. Transition to ankle brace.

Motion: No inversion/eversion motion. AROM and AAROM for DF and PF. Soft tissue mobs

Achilles/graston to gastrosoleus.

Therapeutic exercise: Gait training. Ankle isometrics in neutral. Weight shift.

Cardio: Bike w/o resistance.

Stage III: week 11 to 12

PT 1-2 times per week. No jumping, hopping, nor agility. Wear ankle brace with activity.

Motion: full, progress stretching gently. Soft tissue mobs Achilles/graston to gastrosoleus.

Therapeutic exercise: progress from short arc to long arc isotonic. Progress double leg stance to single leg stance balance.

Cardio: Bike with with resistance, Treadmill walking, Elliptical (begin Week 12)

Stage IV: week 13 to 16

Return to preferred activities/sport. PT 1 time/week → bi-weekly. Continue using ankle brace.

Balance and proprioception training. Begin in single plane → multi-directional. Continue progressive strengthening.

Cardio: bike, treadmill, elliptical, rower / recommend cross training

Note: Higher level activities → Exercise Testing at the COSMO follow-up will ultimately determine readiness.

Comments:

Modalities:

Dry Needling

Cupping

Electrical Stim

Soft tissue mobilization/Manual therapy/Graston

Per treating therapist

Signature _____ **Date** _____