



### **Week 0-2**

Postoperative posterior splint

NWB with crutch use, no scooter use

### **Post-Operative Week 2-4**

Goals:

- Toe-touch progressive to full weight bearing in boot by week 4
- Continue general strengthening of the LE, UE and core as indicated

Treatment:

- Gait training
- Begin ankle ROM, no resistance bands
  - Dorsiflexion, 75% max plantar flexion (avoid full range PF)
  - Avoid passive inversion and eversion
- Begin ankle-strengthening exercises
  - Isometrics all directions - submaximal
  - No resistance bands
- Intrinsic foot strengthening

### **Post-Operative Weeks 4-8**

Goals:

- Weeks 4-6 full weight bearing in walking boot
  - May sleep without boot week 6
- Weeks 6-8 wean out of boot and into shoe with Velocity Ankle Brace
- Progress ankle strength, ROM and proprioceptive exercises out of ankle brace

Treatment:

- Normal gait patterning/training
- Progress to full AROM, all directions
- 4 way resisted ankle
- Add LE closed chain exercises, single plane
- Evaluate LE biomechanics, flexibility and strength bilaterally
- Introduce proprioceptive exercises
  - Even ground only, no BAPS, BOSU or Wobble board

### **Postoperative Weeks 8-12**

Goals:

- Full functional ROM of the ankle
- Introduce step up/down progression
- Patient demonstrates fair static and dynamic neuromuscular control

Treatment:

- Progress closed chain exercises
- Introduce step up/down progression
- Progress proprioceptive training
  - Static and dynamic balance progressing to varied surfaces as patient is able



**Post-Operative Weeks 12-16**

Transition from Velocity Ankle Brace to traditional lace up ankle brace

Goals:

- Patient to demonstrate full strength throughout full ROM
- Patient to demonstrate fully restored static and dynamic neuromuscular control and

kinesthetic awareness

Treatment:

- Begin high impact activity
- Progress to plyometric program to include dynamic, multiplanar exercises
- Increase intensity and resistance in closed chain activities
- Sport-specific drills
- Multiplanar movements
- Progress out of lace up ankle brace week 16

Complete functional test before four month follow up visit with physician.