



Week 0-2

Postoperative splint

NWB with crutch use, no knee scooter use

Week 2-6

- Non-weight bearing in walking boot
- Begin active ankle ROM only
 - 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

Week 6-8

- Progress to FWB without assistive device with focus on normal gait patterning IN BOOT ONLY
- Add LE closed chain exercises, single plane
- Introduce step up/down progression
- Introduce proprioceptive exercises
 - Even ground only, no BAPS, BOSU or Wobble board
- Light soft tissue work as needed
- 4 way resisted ankle

Week 8-12

- Wean out of boot and into lace up ankle brace in athletic shoes **IF** full ankle ROM, adequate strength and gait pattern
- Normal gait patterning
- Progress to full active range of motion, all directions

Week 12-16

- Progress closed chain exercises
- Progress proprioceptive training
- Static and dynamic balance progressing to varied surfaces as patient is able
- Plyometric exercises introduced

Week 16+

- Jogging/Running introduced in brace
- Progress to plyometric program to include dynamic, multi-planar exercises
- Increase intensity and resistance in closed chain activities
- Functional return to activity
- Wean out of brace week 16

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