



0-2 Weeks

Plaster Splint

Non-weight bearing with crutches only, no scooter use

Weeks 2-6

Fiberglass cast

Non-weight bearing with crutches

- Okay to begin scooter use pending physician approval

Weeks 6-10

- Transition to boot, may wear a night splint during sleep
- Begin progressive weight bearing
 - Week six at 25% of weight, use two crutches
 - Week seven at 50% of weight, may transition to one crutch
 - Week eight may transition to full weight bearing in boot
- Begin ankle AROM
- Ankle strengthening
 - 4 way ankle with resistance band
- General LE strengthening, open kinetic chain

Weeks 10-16

Begin physical therapy

Transition to tennis shoe

- At week 12, wean from boot and into lace up ankle brace
 - Over 10-14 days, may discontinue wearing boot at home. Continue to wear the boot outside of the home.
 - After 14 days, completely discontinue boot (14-week mark)
- At week 14 may begin progressive activity
 - Straight line jogging and light plyometric activity in brace

Progress back to sport beginning at week 16

- Wean out of lace up ankle brace as tolerated