



Week 0-2

Postoperative posterior splint

NWB on crutches, no scooter use

Post-Operative Week 2-4

Start PT

Goals:

- Progress WBAT with the use of the pneumatic walking boot and crutches as needed
- FWB in the boot at 4-week mark without the use of crutches. Normalized gait
- Continue general strengthening of the LE, UE and core as indicated in boot

Treatment:

- Progress to FWB without assistive device with focus on normal gait patterning IN BOOT ONLY
- Begin 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

Post-Operative Weeks 4-8

Goals:

- Wean out of boot at week 4 and into tennis shoe with the use of prescribed ankle brace
 - May sleep without boot week 4
- Progress ankle strength, ROM and proprioceptive exercises to be performed out of brace

Treatment:

- Progress to full AROM, all directions
- 4 way resisted ankle
- Add LE closed chain exercises out of boot, single plane
- Introduce step up/down progression
- Evaluate LE biomechanics, flexibility and strength bilaterally
- Introduce proprioceptive exercises
 - Even ground only, no BAPS, BOSU or Wobble board

Postoperative Weeks 8-12

Use of ankle brace

Administer preliminary functional test at 8 weeks

Goals:

- Jogging/running introduced in brace between weeks 8-10
- Plyometric exercises introduced in brace between weeks 10-12
- Full functional ROM of the ankle
- Patient demonstrates fair static and dynamic neuromuscular control

Treatment:

- Progress closed chain exercises



- Progress proprioceptive training
 - Static and dynamic balance progressing to varied surfaces as patient is able
- Cardiovascular training: Continue exercise bike/elliptical, add treadmill, stair-stepper.

Complete full functional test before 3 month follow up with physician

Post-Operative Weeks 12-16

Goals:

Discontinue velocity ankle brace and transition to lace up brace as needed.

Begin sport specific activity, return to sport

Treatment:

- Increase intensity of exercise bike, elliptical, stair-stepper and treadmill
- Progress to plyometric program to include dynamic, multiplanar exercises
- Increase intensity and resistance in closed chain activities
- Multiplanar movements