



**Weeks 0-2:**

Post-operative splint

Non-weight bearing at all times with use of crutches

No scooter Goals

- o Reduce inflammation and pain
- o Protect surgical repair
- o Maintain strength of non-operative joints

Exercise progression

- o Open chain hip strengthening
- o Gait training
- o Elevation to assist with swelling reduction

**Weeks 2 to 6:**

Transition to cast

Non-weight bearing at all times with use of crutches or scooter

Goals

- o Reduce inflammation and pain
- o Protect surgical repair
- o Maintain strength of non-operative joints
- o Open chain hip strengthening
- o Gait training
- o Elevation to assist with swelling reduction

**Weeks 6 to 12:**

Transition to CAM boot

Non-weight bearing at all times with use of crutches or scooter for weeks 6-10 with potential transition to weight bearing in CAM boot for at 10 weeks (determined by MD).

Goals

- o Reduce inflammation and pain
- o Protect surgical repair
- o Maintain strength of non-operative joints
- o Manual therapy for pain relief and range of motion at ankle and foot

Exercise progression

- o Open chain hip strengthening
- o AROM of ankle and foot, no restrictions
- o Modalities for pain relief and swelling reduction
- o Gait training

**Weeks 12 to 16:**

Discontinue CAM boot and transition to shoe

Weight bearing as tolerated

Initiate closed chain strengthening

Initiate balance/proprioceptive drills

Goals

- o No swelling
- o Full range of motion
- o Normal gait pattern

Exercise progression

- o Gait training- normalize gait pattern
- o Proprioception drills
- o Begin unilateral closed kinetic chain program
- o Step-up progression
- o Introduce bike and elliptical trainer

**Weeks 16 to 20 weeks:**

Administer Preliminary functional test at 16

Initiate straight line jogging at 16 weeks if proper biomechanics are demonstrated and symmetry on functional test

Advance strengthening program

Initiate plyometric training progressing from double leg to single leg activities

Administer Return To Sport functional test at 20 weeks for physician to review

Goals

- o No swelling
- o Full range of motion
- o Symmetrical strength and power
- o Basic ladder series
- o Linear jogging progression
- o Basic plyometric box progression
- o Gym strengthening progression

Criteria to be released for return to sport

- o Pass Return To Sport functional test at >90% (involved vs. uninvolved limb)
- o Display symmetry and confidence in high-speed cutting, multi-plane plyometric drills, sprinting and decelerating

Anticipated return to sport: 5-6 months for contact and non-contact athletes