

Ankle Fracture Surgery Rehab Protocol

Dr. Nielsen

0-2 weeks

- Non-weightbearing on operative leg
 - May use knee scooter if desired
- Postop splint
- Encourage knee and hip ROM

2-4 weeks

- Non-weightbearing on operative leg
- CAM boot to be worn except with exercises or showering
 - Edema wear encouraged for swelling
- Ankle ROM home exercises
 - Active and self-passive motion with towel to gain dorsiflexion

4-6 weeks

- Non-weightbearing on operative leg
- CAM boot to be worn except with exercises or showering
 - Edema wear encouraged for swelling
- Ankle ROM encouraged in regular formal therapy
 - Active and passive
 - Subtalar and midfoot ROM included
- Gentle non-weightbearing strengthening exercises

6-12 Weeks

- WBAT in CAM boot starting at 6 weeks for most fractures
 - Wait until **10 weeks for poor bone quality**
- Wean out of CAM boot as tolerated
 - Syndesmosis repairs stay in CAM boot for any weightbearing until 10 weeks
- Strengthening, proprioception, quadriceps strengthening

12+ Weeks

- No restrictions for standard ankle fractures
 - Wait until 16 weeks for poor bone quality
- Continue strengthening exercises as needed