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ANKLE RECONSTRUCTION
PHYSICAL THERAPY PROTOCOL

Preoperative Guidelines

- Restore full AROM
- Teach normal heel-toe gait
- Strengthen involved extremity
- Decrease edema if present
- Educate Patient on post-op protocol, use of crutches (level and stairs)

Note: Exercise prescription is dependent upon the tissue healing process and *individual* functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist

Phase I (Post-op Days 1 – 7)

- Splint until edema is reduced
- Crutches – NWB
- 4-way SLR
- AROM hip and knee
- Ice and Elevation

Goal – Pain and Effusion controlled

Phase II (Weeks 2 – 6)

- In SLWC x 4 weeks, then CAM walker x 4 weeks (locked)
- Crutches – WBAT (D/C crutches when gait is WNL)
- Progress to Single leg balance in SLWC when tolerated
- Stationary bike in SLWC if tolerated
- Continue hip/knee ex: add HS curls
- Upper body exercises okay (seated or bench only – no pushups)
- Continue ice and elevation

Goal – No increase in pain, Full WB by 4 weeks

Phase III (Weeks 7 – 8)

- Continue CAM Walker (locked)
- Begin Scar massage/mobilization with oil/cream
- Ankle AROM – pumps, alphabet, rotations
- Light Theraband ex all directions
- Gastroc/Soleus Stretching
- Sitting BAPS board
- Total Gym Leg Press at low levels
- Standing single leg balance/well-leg tubing if tolerated
- Stationary bike
- Pool therapy – chest or shoulder deep only
- Ice as needed

Goals: Normal Gait, Full DF/PF ROM, no increase in edema or pain

Phase IV (Weeks 9– 12)

- Air Stirrup Brace
- Continue appropriate previous exercises and progress as tolerated
- Theraband ex all directions with increased resistance as tolerated
- Lower extremity closed chain strengthening – leg press, heel raises, step ups, mini squats, well-leg tubing/perturbations
- Proprioception ex – Single leg BAPS, Ball Toss, Body Blade, Balance
- Functional activities – Fitter, Slide board, cone/obstacle course
- Treadmill – Walking progression program
- Elliptical trainer or stairmaster

Goals: Normal gait, Symmetrical ROM, strength 5/5 PF and DF, 4+/5 INV/EVER,

Phase V (Months 3 – 6)

- D/C Air Stirrup when cleared by Ortho – if no limp/pain/increased edema
- Wear lace-up ankle brace for all sports until 6 months post-op
- Continue progressive strengthening and proprioception exercises
- Agility drills / plyometrics and progress as tolerated
- Treadmill – Running progression program, progress to track (in brace)

Goals: Normal strength, Functional tests at least 90% of opposite leg to clear for sports and discharge (single leg hop and 12 meter hop for time, figure of 8 running at full speed)

No sports until goals are met