

WEEKS	Key Points / Considerations	Goals
0-4	NWB (non weight bearing) for first 10-14 days in splint. - Sutures removed at 2 wks (first post op appointment) 2 wks – transition to boot and allow active ROM of ankle - Toe wiggling and gentle isometric contractions to prevent stiffness and improve circulation. - With deltoid/syndesmosis repair, may limit dorsiflexion/eversion until ~4 wks post op.	- Protect the surgical site - Manage pain/swelling - Edema control – ice/cryotherapy as appropriate - Gentle ROM exercises for non-affected joints (e.g., knee ROM, and hip strengthening exercises)
4-6	Begin partial weight-bearing (PWB) in the CAM boot with crutches or walker support. Progress to full weight-bearing as tolerated. (timeframe may vary depending on surgery) - Start Physical Therapy (PT) once weight bearing starts. - Theraband exercises for ankle. - Begin low-intensity isometric strengthening for the ankle and foot (e.g., dorsiflexors, plantarflexors, inverters, and everters). - Standing calf stretching, balancing exercises, double to single leg calf raises. - Elliptical / anti-gravity treadmill / bike.	- Edema control - Prevent muscle atrophy and stiffness - Core and upper-body strengthening exercises to maintain overall conditioning.
6-12+	Progress with PT as tolerated and wean from CAM boot to ankle brace / athletic shoes. - Continue exercises focusing on ankle strengthening, flexibility, proprioception - Return to sports/activity highly variable depending on type of injury / surgery performed.	- Edema control - Advance strength of lower extremity - Activity/Sport-specific functional progression program

Guidelines:

- The post op protocol may be adjusted depending on the type of ankle fracture surgery performed / if there is ligament damage addressed surgically.
- It is normal for the operative limb to be swollen up to 6-12 months post-op.
- The patient may drive if the surgery is on the LEFT foot as pain and swelling allows, if balance can be maintained, and patient can adhere to post op protocol. If surgery on RIGHT foot, consult surgeon.
- It is important to bring this protocol to your PT appointments, so your therapist is aware of the precautions.
- It is extremely important to avoid falling in the post-operative period, as this increases the risk of compromising the repair / incision line.