



Austin Cole, MD

Ankle Fracture- Accelerated Post-Operative Protocol

Week 0-2

- Postoperative splint
- NWB with crutch use, no knee scooter use

Week 2-4

- PWB (50%) in walking boot
- Begin active ankle ROM
 - Dorsiflexion, 75% max plantarflexion (avoid full range PF)
 - Avoid passive inversion and eversion
- Begin ankle strengthening exercises (isometrics, no resistance bands)
- Intrinsic foot strengthening

Week 4-6

- FWB in walking boot
- Allow full passive ROM, work toward full active ROM
- Allow 4 way resisted ankle exercises
- Introduce step up/step down progression in ASO
- Add LE closed chain exercises
- Introduce proprioceptive exercises (even ground only, no wobble board)
- Consider BFR for quad/hamstring strength retention

Week 6-8

- Transition out of boot into ASO at 6w (ok if prior to physician appointment)
- Progress closed chain exercises and proprioception
- After physician appointment:
 - Plyometric exercises introduced
 - Strengthening exercises

Week 8-10

- Consider running progression in AlterG (8w, depending on physician preference)
- Cutting/agility/impact at 10w (in ASO)
- Continue strengthening
- Consider modalities when needed

Week 10-14

- Continue progression of above
- F/u w/physician depending on timeline
- Return to play progression (in brace)
- ASO during sport, potential of Tayco Brace during sport
- Possible RTS test, per physician preference