

## ANKLE FRACTURE PROTOCOL

	Time Frame (Weeks)	Activity
<b>PHASE I</b>  <b>Maximum Protection</b>	0-1	<b>WB:</b> NWB <b>Device:</b> Splint <b>ROM:</b> No ankle ROM
<b>PHASE II</b>  <b>ROM</b>	1-2	<b>WB:</b> NWB <b>Device:</b> Boot <b>ROM:</b> A/AROM all planes to tolerance <b>Manual Therapy:</b> Gentle soft tissue mobilization to reduce edema <b>Exercises:</b> OKC proximal muscles, core, UE PREs
<b>PHASE III</b>  <b>Progressive Strengthening</b>	2-3	<b>WB:</b> PWB in boot. At week 3 transition to WBAT in boot. <b>Device:</b> Boot <b>ROM:</b> Progress AROM in all planes <b>Manual Therapy:</b> gentle soft tissue mobilization to reduce edema <b>Strength:</b> Continue proximal OKC hip and core strength Foot intrinsic strengthening <b>Cardio:</b> Stationary bike in boot
	4-6	<b>WB:</b> weaning boot at 4 weeks—FWB with tennis shoe by 6 weeks. <b>ROM:</b> to tolerance <b>Manual Therapy:</b> Continue STM, joint and scar mobs as needed. Midfoot, forefoot, TCJ, STJ, 1st ray mobs <b>Strength:</b> Start isometrics at 6 weeks <b>Exercises:</b> Proprioception training and gait training/ normalize gait mechanics Initiate CKC LE strength and stretching. Bilateral squat progression. <b>Cardio:</b> Stationary bike in shoe, swimming/pool work out
	6-12	<b>WB:</b> normalize gait FWB in shoe <b>ROM:</b> emphasize functional CKC DF motion <b>Device:</b> in shoe full time <b>Strength:</b> Painfree ankle isotonics, PREs, heel raise progressions Advanced strength, proprioception, and functional progressions <b>Exercises:</b> Advance CKC strengthening Progress bilateral to single limb strengthening Initiate ladder drills and plyometrics at 12 weeks (need to be able to perform 15-20 SL heel raises to initiate) <b>Cardio:</b> bike, walking, elliptical, row ergometer, swimming/pool workout, alter-g
	12+	<b>Strength:</b> advance strength, proprioception and end range PF strength <b>Exercises:</b> progress CKC strength and proprioception Walk/jog program at 14 weeks as functionally appropriate <b>Return to play 16 weeks:</b> starting non-contact drills at practice with linear movements working to multi-directional movement patterns Initiate and progress return to running/sprinting program Initiate and progress sports specific drills on field or court Progress to scrimmage and contact drills at practice Progress to full game play 16-20 weeks
<b>PHASE IV</b>  <b>Advanced Strengthening And Return to Activity</b>		