

## DISTAL TIB-FIB ORIF PROTOCOL

### POST OPERATIVE

	Time Frame (Weeks)	Activity
PHASE I	0-2	<b>WB Status:</b> NWB <b>Device:</b> Splint or cast per MD orders <b>ROM:</b> No ROM
	2-6	<b>WB Status:</b> NWB; if isolated fibula, may begin WB at 2 wks <b>Device:</b> Per MD orders, CAM boot or continued cast/splint <b>ROM:</b> If transitioned to CAM boot, gentle AROM/PROM and stretching in sagittal plane <b>Manual Therapy:</b> Gentle soft tissue mobilization (STM) to reduce edema Graded mobilization of uninvolved joints <b>Strength:</b> No resisted exercises involving foot/ankle muscles Foot intrinsic activation <b>Exercises:</b> OKC core strengthening, proximal hip strengthening, UE PREs
PHASE II	6-8	<b>WB Status:</b> Progress WB 25lbs or 10-20% BW every 2-3 days to progress to FWB <b>Device:</b> CAM boot <b>ROM:</b> Restore ROM necessary for normal walking gait mechanics (30 deg PF, 10 deg DF, 60 deg 1st MTP extension), Inversion/eversion AROM/PROM as tolerated <b>Manual Therapy:</b> Early scar mobilization, progressive STM Continue joint mobilization, include tib/fib <b>Strength:</b> Initiate ankle strengthening in all planes with resistance bands or isometrics, Seated heel raises <b>Exercises:</b> CKC LE strengthening Stationary bike with boot
	8-12	<b>WB Status:</b> FWBAT in normal shoe wear <b>ROM:</b> Restore foot/ankle ROM required for normal walking gait mechanics <b>Manual Therapy:</b> Continue STM, scar mobilization, and joint mobilization as needed <b>Strength:</b> Pain free ankle isotonics, PREs, heel raises progressing bilateral to unilateral <b>Exercises:</b> CKC LE strength - bilateral and unilateral squat progressions Proprioception/gait training Non impact cardio: Bike w/ increased resistance, elliptical, row ergometer, swimming/pool work Initiate walking program once weaned from boot
PHASE III	12-16	<b>WB Status:</b> FWB in normal shoe <b>Manual Therapy:</b> Continue STM, joint mobilizations, and scar mobilization as needed <b>Strength:</b> Normalize strength all planes <b>Exercises:</b> Progress unilateral CKC strength and proprioceptive training, introduce lateral movements Low impact/amplitude plyometrics once 15-20 SL heel raises Alter G/pool running progressions (50-75% BW)
	16-24	<b>Strength:</b> Progressive OKC/CKC PREs as tolerated, emphasize PF eccentrics and end range PF strength <b>Exercises:</b> Advanced CKC strength and proprioception Progress low impact/amplitude plyometrics Alter G/pool running progressions (75-100% BW) Walk/jog program at 16 weeks as functionally appropriate
PHASE IV	24+	<b>Strength:</b> Advanced strength and proprioception <b>Exercises:</b> Linear running, jumping, and plyometric progressions Submaximal sport specific progressions- cutting, pivoting, change of direction, acceleration/deceleration <b>RTS:</b> RTS testing Functional Movement Screening High impact and advanced sport progressions 6 mo + when functionally appropriate and cleared by MD/PT Anticipate full return to sport 8-12 months