

## ANKLE SYNDESMOSIS, DELTOID REPAIR, FIBULA ORIF POST OPERATIVE PROTOCOL

	Time Frame (Weeks)	Activity
<b>PHASE I</b>  <b>Maximum Protection</b>	0-8	<b>WB:</b> NWB x8wks <b>Device:</b> Cast x2wks, tall boot x10wks <b>ROM:</b> Begin PROM and AROM ankle DF/PF and INV—no EVR x8wks <b>Manual Therapy:</b> Gentle soft tissue mobilization (STM) to reduce edema <b>Exercises:</b> Multi-plane OKC hip strengthening Core and Upper extremity strengthening
<b>PHASE II</b>  <b>ROM and Early Strengthening</b>	8-12	<b>WB:</b> WBAT in tall boot <b>Boot:</b> wean boot at 12 weeks to lace up ankle brace and tennis shoe <b>ROM:</b> Progress AROM in all planes <b>Manual Therapy:</b> Joint mobilization, scar massage, progressive STM <b>Strength:</b> DF/PF isotonics, INV/EVR isometrics progress to isotonics Continue proximal OKC hip and core strength, progress to CKC in boot Foot intrinsic strengthening <b>Cardio:</b> Stationary bike in boot Deep water pool program once incisions healed
<b>PHASE III</b>  <b>Progressive Strengthening</b>	12-16	<b>WB:</b> weaning boot at 12 weeks—FWB with ankle brace and tennis shoe. Wean ankle brace as strength progresses <b>ROM:</b> A/PROM to tolerance <b>Manual Therapy:</b> Continue STM, joint and scar mobs as needed <b>Strength:</b> Advance phase II ankle ROM and strengthening <b>Exercises:</b> Proprioception training Gradual Progression to non-impact cardio and fitness (Alter-G) Continue CKC and functional strengthening <b>Cardio:</b> Bike, elliptical, walking program (treadmill and outdoor)
<b>PHASE IV</b>  <b>Advanced Strengthening And Return to Activity</b>	16-24	<b>Device:</b> <b>Strength:</b> Advanced strength and proprioception, impact and functional progressions Low amplitude plyometrics—bilateral progress to unilateral <b>Exercises:</b> Advance CKC strengthening Initiate and progress return to running program (4-5months) Initiate and progress sports specific drills on field or court <b>RTS:</b> RTS testing based on progress (4-5 months)
		<b>Return to play 7-9 months:</b> starting non-contact drills at practice with linear movements working to multidirectional movement patterns Progress to scrimmage and contact drills at practice Progress to full game play by 9 months