

ORIF ANKLE FRACTURE REHABILITATION PROTOCOL

(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

	WEIGHT BEARING	SPLINT/BRACE	ROM
PHASE I: <i>0-2 weeks</i>	<ul style="list-style-type: none"> • NWB on the operative extremity 	<ul style="list-style-type: none"> • On at all times 	<ul style="list-style-type: none"> • ROM at the knee and hip as tolerated • Focus on elevation of extremity when able
PHASE II: <i>2-6 weeks</i>	<ul style="list-style-type: none"> • NWB on the operative extremity 	<ul style="list-style-type: none"> • Transition from post-op splint into a CAM walker boot • On at all times except for hygiene and exercises 	<ul style="list-style-type: none"> • Begin active and passive ankle ROM for dorsiflexion and plantar flexion • Air alphabet • Continue knee and hip ROM
PHASE III: <i>Post-op week 6+</i>	<ul style="list-style-type: none"> • Progress to WBAT on the operative extremity 	<ul style="list-style-type: none"> • Wean out of CAM walker boot over 2-4 weeks 	<ul style="list-style-type: none"> • Full AROM and PROM • Proprioception • Gait/balance training • May begin strengthening as tolerated