

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