



OPEN REDUCTION INTERNAL FIXATION ANKLE FRACTURE REHABILITATION GUIDELINES

Dr. Ed Tingstad

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This protocol for ankle ORIF is a framework for the post-operative rehabilitation is a general guideline. Most patients are non-weight bearing for six to eight weeks with crutches or a scooter. Most patients will have some ankle swelling for 24 months post ankle fracture. Each case will have individualized components depending on the fracture type and fixation.

PHASE 1: Immediate Post-Op (Surgery – 6 Weeks)		
Goals	<input type="checkbox"/> Minimize swelling	
Crutches	<input type="checkbox"/> Non weight bearing with the use of crutches or a scooter for at least 6 weeks	
Immobilization	<input type="checkbox"/> <u>Weeks 0-2 or 3:</u> Slint protection <input type="checkbox"/> <u>Weeks 2-4:</u> Staples are removed and you are placed in a walking boot	
Cryotherapy/Swelling	<input type="checkbox"/> Elevate the foot as much as possible with foot at eye level <input type="checkbox"/> Cold with compression and elevation <input type="checkbox"/> First 24 hours: ice every hour for 25 minutes <input type="checkbox"/> After 24 hours: ice 3 times daily for at least 15 minutes	
Exercises	ROM	<u>Weeks 0-2</u> <input type="checkbox"/> NO PT OR ROM <u>Weeks 2-6</u> <input type="checkbox"/> May removed ankle from boot and do gentle dorsi/plantar flexion 4 x daily <input type="checkbox"/> Hamstring and Achilles stretching
	MUSCLE ACTIVATION	<u>Weeks 0-2</u> <input type="checkbox"/> NO PT OR MUSCLE ACTIVATION <u>Weeks 3-6</u> <input type="checkbox"/> Start quad, hip, and core strengthening <input type="checkbox"/> Isometric ankle strengthening and closed chain stretching <input type="checkbox"/> Stationary bike/light swimming/rowing machine (IF CLEARED)

- **Driving at 2 weeks for left ankle and 4-6 for the right ankle if an automatic transmission and OFF narcotics**



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PHASE 2: Weeks 6-12

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Goals	<input type="checkbox"/> Gain full and pain free ROM (by week 10) <input type="checkbox"/> Normalize gait	
Crutches	<input type="checkbox"/> As tolerated, discontinue when gait is normalized	
Immobilization	<input type="checkbox"/> Walking boot usually removed 7-8 weeks	
Exercises	ROM	<input type="checkbox"/> Gain full and pain free ROM
	MUSCLE ACTIVATION	<input type="checkbox"/> Begin isotonic strengthening exercises for the ankle, especially peroneal tendons <input type="checkbox"/> Ankle proprioception <ul style="list-style-type: none"> ○ BAPS board ○ Split stance loading ○ Single leg stance <input type="checkbox"/> Hip, core, hamstring, quad progressive resistive exercises <input type="checkbox"/> Bilateral body weight squatting as tolerated
	CARDIOVASCULAR	<input type="checkbox"/> Continue stationary bike <input type="checkbox"/> Elliptical <input type="checkbox"/> Treadmill walking <input type="checkbox"/> Stair climbing



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PHASE 3: Weeks 12-16

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Goals	<input type="checkbox"/> Normalize strength and reflexes	
Exercises	ROM	<input type="checkbox"/> Gain full and pain free ROM
	MUSCLE ACTIVATION	<input type="checkbox"/> Advance strengthening exercises for the ankle, especially peroneal tendons <input type="checkbox"/> Ankle proprioception <ul style="list-style-type: none"> ○ BAPS board ○ Split stance loading ○ Single leg stance <input type="checkbox"/> Hip, core, hamstring, quad progressive resistive exercises <input type="checkbox"/> Single leg body weight squatting as tolerated
	CARDIOVASCULAR	<input type="checkbox"/> Advance stationary bike <input type="checkbox"/> Advance treadmill work <input type="checkbox"/> Stair climbing <input type="checkbox"/> Begin to jog or run if motion is normalized (ONCE CLEARED)
Return to Activity	<input type="checkbox"/> HOP testing and Key testing is required dependent on the sport <input type="checkbox"/> Return to play is contingent on passing functional testing of strength, motion and coordination patterns	