



THERAPY PROTOCOL

ANKLE FRACTURE

Open Reduction & Internal Fixation (ORIF)

Eric K. Bartel, M.D.

Phase 1

PT to begin post op week 2

Goals- pain management, protection

Progression to FWB in cam walker (pt will initially be in post mold, NWB with crutches post op week 1-2)
PROM, AROM
Strengthening, isometrics
Manual techniques
Modalities

Phase 2

Week 3

Goals- ROM, quad atrophy minimization, scar mobility

FWB in cam walker
PROM, AROM, RROM
Stretching gentle, towel dorsiflexion
Strengthening
 Light theraband all motions
 Seated heel raise without resistance
 Stationary bike
 SLR x4
Neuromuscular re-education
 Seated balance board
Manual techniques
Modalities

Phase 3

Week 4-6

Goals- dorsiflexion to 0 degrees

FWB in cam walker
PROM, AROM, RROM
Stretching, seated calf stretch
Strengthening, progress theraband
Neuromuscular re-education
Manual techniques
modalities

Phase 4

Week 6-10

Goals- symmetrical dorsiflexion, normal gait, strength progression

FWB
PROM, AROM, RROM
Wean patient from cam boot
Stretching- standing calf stretch at 7-8 weeks
Strengthening/conditioning
 Total gym squats
 Total gym heel raise at 8 weeks
 Step up/down progression
Neuromuscular re-education
 SLS
 Balance board bilateral LE
Manual techniques
 May begin mobilization
Modalities

Phase 5

Week 10-12

Goals- symmetrical dorsiflexion, normal gait, strength progression

FWB

PROM, AROM, RROM

Stretching

strengthening/conditioning

Step up/down progression

FWB bilateral heel raise

Shuttle heel raise

Stationary bike, treadmill, FWB stairmaster

Neuromuscular re-education

Balance board bilateral and unilateral LE

Manual techniques as needed

Modalities as needed

Phase 6

Week 12-16 if indicated for the patient

Goals- strength progression

strengthening/conditioning

Single leg heel raises

Treadmill walk, progression to jog