



ANKLE FRACTURE OPEN REDUCTION INTERNAL FIXATION (ORIF)

Progression to the next phase is based on Clinical Criteria and/or Time Frames as Appropriate.

IMMEDIATE PROTECTION PHASE (Post-Op Days 1 – Week 6)

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Goals:

- Protect healing tissue
- Control pain and swelling
- Control weight bearing forces
- Independent transfers and ambulation

Weight-bearing: NWB with optimal ambulatory assistive device for 6 weeks

Splint/Brace: Cast or boot for 6 weeks

Treatment:

- **Week 1-2**
 - Transfer and gait training with assistive device, NWB on surgical lower extremity
 - Patient education and independent HEP
 - 4-way SLR
 - AROM Hip and Knee
 - Lower extremity stretching – hamstring, quads, ITB, Hip flexors as needed
 - Elevation and Cryotherapy
- **Weeks 3-6**
 - Continue appropriate previous exercises
 - Ankle AROM
 - Ankle pumps, alphabet
 - Gastroc stretch with towel
 - Seated BAPS
 - Stationary bicycle (in walking boot)
 - 4-way isometric ankle strengthening
 - Aquatic Therapy
 - NWB activities – deep-water running
 - Scar massage / mobilization
 - Modalities as needed

A REGISTERED LIMITED LIABILITY PARTNERSHIP FOR ORTHOPAEDIC SURGERY

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MODERATE PROTECTION PHASE (Weeks 6-12)

Goals: Normal AROM/PROM
 Normal Strength
 Normal Gait
 Normal Balance

Weight-bearing: WBAT using assistive device at least 2 weeks and progress to FWB.
Discharge assistive device when gait is normal and edema is controlled.

Splint/Brace: Walking boot for ambulation x 2 weeks and transition into running shoe.

Treatment:

- Continue previous exercises as appropriate
- Isotonic theraband exercises x 4 – gradually increase resistance
- Proprioception training
 - Standing balance, single leg stance activities, medicine ball progressions
- Heel Raises
 - Double leg and progress to single leg as tolerated
- CKC Exercises
 - Mini-squats, leg press/total gym, double leg heel-raises, forward/retro/lateral step-downs, Mini-band walking (forward, backward, lateral)
- Aerobic Conditioning
 - Elliptical, Stairmaster
- Aquatic Therapy
 - Deep-water training
 - Aquatic treadmill (Shoulder to chest level running at 10 weeks)

ADVANCED STRENGTHENING PHASE (Months 3-4)

Goals: Walk 2 miles at 15 minute/mile pace

Treatment:

- Continue previous exercises as appropriate
- Aquatic Therapy – unrestricted activities
- Progress to dry land running as tolerated
- Plyometric Drills
 - Bilateral progressing to unilateral activities

ADVANCED STRENGTHENING (Months 4-6)

Criteria for entering Advance strengthening:

Minimum 4/5 Ankle Manual Muscle Testing

Symmetrical pain-free AROM

Pain-free ADL activities

Goals:

Return to all activities

Pass functional testing protocols

Treatment:

- Advance impact and functional progressions
- Sport specific drills with brace as needed
- Sport test at 4 months based on progress

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