



## **ORIF FIBULAR/ANKLE FRACTURE POST-OPERATIVE PROTOCOL**

### **PHASE I- MAXIMUM PROTECTION**

#### **WEEKS 0-6:**

- Cast or boot for 6 weeks
- Elevate the ankle 6" above the heart
- Non-weight bearing x 6 weeks

#### **Exercises:**

- Multi-plane hip strengthening
- Core and upper extremity strengthening

### **PHASE II- RANGE OF MOTION AND EARLY STRENGTHENING**

#### **WEEKS 6-8:**

- Follow up appointment with physician at 6 weeks post-op
  - Gradual progression to full weight bearing per physician instruction
  - Restoration of normal gait mechanics

#### **Exercises:**

- Full active and passive ROM all planes
- Strong emphasis on restoring full dorsiflexion
- Isometric and early isotonic ankle
- Foot intrinsic strengthening
- Bilateral progressing to unilateral squat, step and matrix progression
- Proprioception training
- Non-impact cardiovascular work

### **PHASE III- PROGRESSIVE STRENGTHENING**

#### **WEEKS 8-12:**

- Restoration of full range of motion all planes

#### **Exercises:**

- Advance ankle and foot intrinsic strengthening
- Pool running progressing to dry land
- Linear progressing to lateral and rotational functional movements
- Bilateral progressing to unilateral plyometric activity

### **PHASE IV- ADVANCED STRENGTHENING**

#### **WEEKS 12-16:**

#### **Exercises:**

- Advance impact and functional progressing
- Sport specific drills on field or court with functional brace
- Sport test at 3-4 months based on progress
- Compete first year in a functional brace