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Ankle Fracture Rehab

PHASE 1: Goals 0-6 weeks:

- Protect fracture with use of cast/boot
- Minimize effects of immobilization, inflammation & edema
- Weight bearing: No weight on the injured leg, you may use crutches, knee scooter for mobilization
- Elevate leg to decrease swelling
- ICE ankle for 20 minutes at a time
- Straight-Leg Raise until quad strength returns, edema control
- Wear CAM boot or Cast at all times
 - If in a cast- if the cast becomes wet/loose/damaged it needs to be changed ASAP, do not stick anything down the cast

- If in boot may you remove it briefly for:

-performing hygiene

-getting dressed or sitting on the couch

PHASE 2: Week 6 - 12 Goals:

We will obtain an xray at the 6 weeks post-op visit

If the fracture appears to be healing:

- Start gradual weight bearing 25% per week goal to be WBAT 4 weeks from NOW
- Gradually wean out of CAM boot over starting 4 weeks from now and transition to regular shoe wear
- Increase ankle range of motion
- Begin stationary bike
- Further Ankle/foot range of motion
- Weight-bearing Gastroc-Soleus stretching
- Toe raises, Start proprioception/balance program

PHASE 3: Weeks 13+

· Goals: increase function/strength/range of motion

- Gradually progress activity
- Exercises:
 - Continue flexibility and ROM exercises as appropriate
 - Progressive hip, quad, hamstring and calf strengthening
 - Mini-Wall Squats (0° - 60°)
 - Lateral Lunges and Step-Ups
 - Hip abduction/adduction
 - Short-arc leg press
 - Cardiovascular/endurance training via Stairmaster, elliptical, bike
 - Advance proprioceptive activities and agility drills
 - Gradual return to activity as tolerated