



Steven Pancio, M.D.

Orthopedic Surgeon

[www.PancioOrthopedics.com](http://www.PancioOrthopedics.com)

## **Ankle Fracture Rehab**

### **PHASE 1: Goals 0-6 weeks:**

- Protect fracture with use of cast/boot
- Minimize effects of immobilization, inflammation & edema
- Weight bearing: Partial weight bearing as tolerated 50-100% of weight- based on your pain level , you may use crutches, knee scooter for mobilization
- Elevate leg to decrease swelling
- ICE ankle for 20 minutes at a time
- Wear CAM boot at all times except
  - when performing hygiene
  - doing gentle ankle ROM exercises
  - getting dressed or sitting on the couch
  
- ★ Straight-Leg Raise until quad strength returns, Gentle ankle and knee ROM exercises, edema control, ankle strengthening as fracture heals

## **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:

- Full weight bearing
- Gradually wean out of CAM boot over the next 2-4 weeks and transition to regular shoe wear
- Increase ankle range of motion

Exercises:

- 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