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## Post-Operative Ankle Fracture

### PHASE 1: Post-Op Goals 0-6 weeks:

- Protect fracture fixation with use of cast/boot
- Minimize effects of immobilization, inflammation & edema
- Weight bearing: Non weight bearing on operative leg, you may use crutches, knee scooter for mobilization

Splint In place until return visit 2 weeks after surgery

- Elevate operative leg to decrease swelling
- ICE ankle for 20 minutes at a time
- Splint cannot get wet or dirty – if it does you need to see Dr. Pancio ASAP
- We will remove the splint and place you into a cast/boot at the first post-op visit

Exercises

- Straight-Leg Raise until quad strength returns

## **PHASE 2: Week 6 - 12 Goals:**

- Protect healing fracture
- Increase ankle range of motion
- Weight bearing: 50% weight bearing 6-8 weeks after surgery, advance to full weight bearing at the 8 week post-op mark

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

- If the fracture appears to be healing we will start:
  - Partial weight bearing 50lbs in the CAM boot
  - You may advance your weight bearing to full weight bearing in the boot at 8 weeks after surgery.
- Start to wean out of the CAM boot 10 weeks after surgery with the goal to be in regular footwear by the 12 week post-op mark

Exercises:

- Begin stationary bike
- 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