



Weeks 0-2

Postoperative posterior splint

Non-weight bearing with crutch use, no scooter use unless MD approval

Weeks 2-6

Begin PT

- Transition to pneumatic walking boot
- WBAT
- Ankle ROM and strength
 - Full ROM
 - Ankle isometrics and 4 way resisted ankle
 - Foot intrinsic strengthening
 - toe curls, marble pickups, etc.
- Open Kinetic Chain exercises
- Closed kinetic chain exercises in boot
 - Introduce step up/down progression
 - Able to perform Alter G treadmill with full length carbon fiber insert in shoe or chest depth running in pool at 4 weeks

Weeks 6-8

- Wean out of boot into shoe
 - Carbon fiber insert
 - Begin closed kinetic chain exercises out of boot
 - Double limb progressing to single limb
 - Initiate proprioceptive/balance drills
 - Progress toward high impact activity week 8
- Complete preliminary functional test prior to 8 week physician follow up with physician

Weeks 8-12

- Remove carbon fiber orthosis at week 12 unless otherwise specified
- Begin sport specific exercises
- Initiate straight line jogging at 8 weeks if proper biomechanics are demonstrated and symmetry on functional test
- Advance strengthening program
 - Basic ladder series
 - Plyometric box progression
 - Initiate plyometrics progressing from double limb to single limb
 - Gym strengthening routine
- Return to sport

Complete full functional test prior to 9-12 week physician follow up unless moved earlier by the physician