



### **0-2 Weeks**

Postoperative plaster splint

Non-weight bearing with crutches only, no scooter use

### **Weeks 2-6**

Transition to CAM boot, non-weight bearing in boot, wear a night splint during sleep

- Okay to begin scooter use pending physician approval

Open kinetic chain exercises, contralateral limb strength and proprioception

### **Weeks 6-12**

Start PT

- Begin progressive weight bearing
  - Week six at 25% of weight, use two crutches
  - Week seven at 50% of weight, may transition to one crutch
  - Week eight may transition to full weight bearing in boot
- Begin full ROM of the ankle
  - Once FWB, begin isometric strengthening
- Intrinsic foot strengthening
- May begin ankle strengthening at 10 weeks
  - 4 way resisted ankle
- Closed chain strengthening in boot
- May ride stationary bike in boot
- **Swimming? When?**

### **Weeks 12-18**

Wean from boot and transition into tennis shoe with full length carbon fiber insert

- Over 10-14 days, may discontinue wearing boot at home. Continue to wear the boot outside of the home.
- After 14 days, completely discontinue boot (14-week mark)
- Once FWB with carbon fiber insert, begin proprioceptive/balance drills
- Progress single limb strength
- Initiate cardiovascular exercise out of boot
  - Bike and elliptical trainer

Complete preliminary functional test at 18 weeks

### **Weeks 18+**

Continue tennis shoe with full length carbon insert

Progress activity/advanced gym strengthening

- Initiate straight line jogging
- Basic ladder series
- Basic plyometric box progression
- Initiate plyometric progression from double limb to single limb

Complete full functional test at 22 weeks with anticipated return to sport at 26 weeks

Consider removal of hardware at 5-month post-operative mark