



0-2 Weeks

Plaster splint

Non-weight bearing with crutches only, no scooter use

Weeks 2-4

- Transition into boot at 2 weeks, non weight bearing
- Begin progressive weight bearing at 3 weeks
 - Week three at 25% of weight, use two crutches
 - Week four at 50% of weight, use two crutches
 - Week five may transition to one crutch then full weight bearing in boot
- Begin ankle ROM only
 - Dorsiflexion, 75% max plantar flexion (avoid full plantar flexion)
 - Avoid passive inversion and eversion
- Begin ankle-strengthening exercises
 - Isometrics all directions - submaximal
 - No resistance bands
- Intrinsic foot strengthening

Weeks 4-8

- At week 6, wean from boot and transition into velocity ankle brace
 - 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 (8 week mark)
 - Must wear velocity brace for 6 weeks
- May sleep without boot at 6 weeks
- Progressive strengthening and ROM
- Proprioception training
 - Stable surfaces progressing to varied surfaces as strength and neuromuscular control allows

Weeks 8-12

Complete preliminary functional test prior to 8 week follow up with physician

Progress to higher impact activity with velocity brace

- Begin straight line jogging
- Plyometrics and jump training

Sport specific training at 12 weeks

May discontinue velocity brace at 12 weeks

Complete full functional test at 16 weeks