

Postoperative Protocol for Lateral Ankle Stabilization, Tendon Reconstruction

Dr Gueramy 4/2018

DOS: _____

Week 0-2

- Casted in a bulky Jones Cast
- Education on proper crutch/scooter use (NWB)
- Hip and knee AROM
- Rest and elevation of limb often to control swelling and pain

Week 2-6

- Place in fiberglass short leg cast
- Continue crutch/scooter use (NWB)
- Hip and knee AROM
- Rest and elevation of limb often to control swelling and pain

Week 6-8

- Transition to walker boot, NWB
- Manual therapy and modalities as needed for pain and mobility

Week 8

- WBAT in walker boot, as per surgeon's instructions
- Scar massage
- Gentle PROM in all planes
- AROM plantar flexion, DF, eversion
 - May begin AROM inversion at 10 weeks

Week 12

- WBAT without boot
- Begin cycling
- Add resisted strengthening
- Progress WB strengthening
- Balance and proprioceptive activities

Week 16+

- Return to normal activities, sport, as cleared by physician
- Cutting, jumping, running program

