

## Ankle Fracture Protocol Rick Hammesfahr, MD

### General Guidelines:

1.  Increase Dorsiflexion - to restore gait
2.  Monitor PAIN and SWELLING
- If either increase, modify rx
- PRICE
- Ankle Pumps
- Estim if Needed

### Phase One (up to 6 weeks s/p ORIF):

**Goals** = PWB involved LE with or without one crutch

- DF to neutral
- Control edema
- 1.  At 2-4 weeks s/p, initiate toe touch weight-bearing with crutches
- 2.  AROM for ankle, subtalar, midtarsal joints within pain tolerance
- ankle pumps
- inversion / eversion
- toe crunches
- ankle alphabet
- 3.  Towel stretch for DF
- 4.  Estim with elevation for edema
- 5.  Retrograde massage
- 6.  Wean to on crutch and PWB as 6 weeks s/p approaches
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### Phase Two (6-8 weeks s/p ORIF):

**Goals** = FWB involved LE

- > 50% AROM all planes involved ankle and subtalar joint
- Control edema
- minimize complications
- maintain optimal bone and soft tissue healing environment
- 1.  Gait training level surfaces with proper tibia advancement, quads activation,
- symmetrical weight-bearing
- 2.  Stationary bike
- 3.  Grade 1-2 joint mobilizations ankle and subtalar joints
- 4.  PROM into restricted ranges
- 5.  Retrograde massage for edema
- 6.  Continue DF stretches
- 7.  Theraband DF/PF/inv/ev in open chain
- 8.  Seated heel raise and BAPS
- 9.  Manual resistance in open chain for DF/PF/inv/ev and multiplanar motions
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- 10.  Leg extension
- 11.  Leg Curl
- 12.  Leg Press
- 13.  Wall stretch with knee flexed and extended
- 14.  When FWB:
  - Standing BAPS 2 legs
  - Standing heel raise
  - Minisquat
  - One leg balance on floor
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**Phase Three (>8 weeks s/p ORIF):**

**Goals** = full ankle and subtalar AROM, flexibility

- Restore gait on level surfaces, hills, stairs
- Full return to function
  
- 1.  CKC theraband exercises (stand on involved leg and perform hip flex/ext/abd/add with uninvolved LE)
- 2.  BAPS knees bent
  - eyes closed
  - one leg
- 3.  Storking
  - Eyes open → eyes closed
  - Floor → mat
- 4.  Standing balance progress floor → mat
  - eyes open → closed
  - level → incline → decline
  - with knee flex/ext
- 5.  Continue phase 2 ex's
- 6.  Stairmaster
- 7.  Agility ex's
  - Karioke
  - Lateral shuffles
  - Tandem Walking
- 8.  Continue gait training
- 9.  Continue modalities prn
- 10.  Sport and Job - specific training
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