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Ankle Fracture – Non-Operative

Dhasa	Doctuistion and	Dh	Dahahilitatian	
Phase	Restriction and Precaution	Physiotherapy intervention	Rehabilitation Goals	
			Guais	
Post-Operative				
IMMEDIATE POST INJURY (0-2 WEEKS)	- NWB, in cast boot Elevation of affected limb in supine "Toes above the Nose".	- AROM of hip and knee - Strengthening of hips, knees and core while maintaining NWB status Education RE: use of gait aid, mobility, transfers, and stairs while maintaining WB status.	 Protect repair. Control pain and swelling. Minimize loss of hip and knee ROM and strength. Minimize loss of core strength. 	
Criteria to Progress: - Follow-up appointmer	nt with surgeon.			
- Adequate pain control	_			
INTERMEDIATE POST	- Gradual progression of	- Commence ankle and	- Protect repair.	
INJURY	WBAT in the cast boot.	toe AROM.	- Control pain and	
(2-6 WEEKS)	 Cast boot on at all times except when working on ankle and foot exercises. Avoid post-exercise pain and swelling. 	- Foot intrinsic strengthening Submaximal 4-way ankle isometrics (<u>light</u> static contractions of the muscles) Continue with LE and core strengthening with cast boot on, WBAT Proprioception (joint position sense).	swelling Improve proprioception Minimize loss of hip, knee and ankle ROM and strength Minimize loss of core strength Independence with home exercise program – to be performed daily.	
Criteria to Progress: - Adequate pain control - Minimal swelling (< 10	l (<3/10). cm difference w/ figure 8 me	asurement)		
LATE POST-OP	- Gradually wean out of	- Begin open and closed	- Normalize gait.	
(6-12 WEEKS)	the cast boot and transition into a regular shoe.	chain strengthening for the ankle Begin ankle stretching.	- Restore proprioception.	

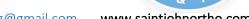
SAINT JOHN ORTHOPAEDICS

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	- WBAT.	- Foot and ankle	- Restore full ankle
	- Avoid post-exercise pain	mobilizations as	ROM
	and swelling.	appropriate.	- Begin controlled
	S S	- Proprioception (joint	ankle strengthening.
		position sense).	
		- Gait retraining +/- a gait	
		aid as needed.	
		- Bilateral and unilateral	
		balance exercises.	
		- Core, hip and knee	
		strengthening exercises.	
		- Stationary cycling and	
		other aerobic machines	
		as tolerated.	
		- Swimming/pool jogging	
Criteria to Progress:		234111111119/ boot Jogging	
- No post-exercise pai	n and swelling.		
 Normalized gait patt 	_		
	ion sense (< 5 degree error).		
TRANSITIONAL RETURN TO	- Avoid post-exercise pain	- Core, hip, knee, ankle	- Progress ankle and
SPORT	and swelling.	and foot strengthening	strengthening.
(12 -20 WEEKS)	and the same	exercises.	- Normalize functiona
(IL LO WELLO)		- Progress balance and	movements.
		proprioception exercises.	
		- Single leg progressions.	
		- Forward and lateral	
		lunges	
		- Elliptical.	
		- Stair climber.	
		- Hop tests.	
		- Beginner level	
		plyometrics.	
Criteria to Progress:		p.,,	
- No post-exercise pai	n and swellina.		
·	vith 30 minutes of fast paced	walkina.	
- Ankle ROM equal to		·	
	test for distance and triple h	op for distance)	
RETURN TO SPORT		- Interval walk/jog	- Continue
(20+ WEEKS)		- Return to running	strengthening and
		program	proprioceptive
		- Agility and plyometrics	exercises
			- Initiate sport specifi
			training
			- Progress to full retu



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AROM- Active range of motion

WB - Weight bearing

ROM – Range of Motion NWB –

NWB – Non weight bearing WBAT – Weight bearing as

tolerated

Standing calf raise progressions: REPS

- Bilateral standing heel raises (25% body weight on affected side)
- Bilateral standing heel raises (50% body weight on both sides)
- Bilateral standing heel raises (75% body weight on affected side)
- Bilateral standing heel raise → Unilateral lowering.
- Unilateral standing heel raises

Beginner level plyometrics:

3x15 bilateral standing heel raises \rightarrow Rebounding bilateral heel raises

- 3x15 unilateral heel raises → Rebounding unilateral heel raises

Good performance/tolerance with rebounding \rightarrow Bilateral hopping in place \rightarrow Unilateral hopping in place

Single leg progressions/variations:

- Single leg press

LSI - Limb symmetry index

- Sliding board lunges (all directions)
- Step ups +/- march
- Lateral step ups
- Step downs
- Single leg wall slides
- Single leg squats