



From the office of:

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### PHYSICAL THERAPY PROTOCOL PROCEDURE: ANKLE ORIF

- **Weeks 0-6:**
  - Restrictions:
    - Splint or Walking Boot on at all times except hygiene and gentle ROM.
    - No weightbearing
  - Goals:
    - Protect surgical repair
    - Reduce muscle atrophy and swelling.
  - Exercises:
    - Ankle pumps
    - Toe curls
  
- **Weeks 6 to 8:**
  - Restrictions:
    - Walking boot on while walking.
    - Partial progressive weightbearing: begin at 50% and advance as tolerated to full.
    - No impact activities
  - Goals:
    - Full active range of motion at 8 weeks post-op.
    - No swelling.
    - Improved core and hip strength and endurance.
  - Weight bearing:
    - Transition to WBAT, discontinue crutches when able
  - Exercises:
    - Maximize core, hip and lower extremity strength in all planes of motion.
    - Maximize knee, hip and ankle mobility.
    - Begin proprioception training.
  
- **Weeks 8 to 12:**
  - Restrictions:
    - No impact activities.
  - Goals:
    - Full pain-free weightbearing out of boot.
    - Improved lower extremity strength
  - Exercises:
    - Begin stationary bike.
    - Maximize core & lower extremity mobility and stability programs.
    - Advance to functional perturbation/proprioception training.

- **Months 3 to 4:**
  - Restrictions:
    - Avoid prolonged/repetitive impact activities.
  - Goals:
    - Full lower extremity strength
    - Improved endurance.
  - Exercises:
    - Initiate sport specific drills.
    - Advance core & lower extremity mobility and stability exercises.
    - Advance aerobic and anaerobic energy systems by use of non-impact conditioning such as bike and elliptical trainer.
  
- **Months 4-6:**
  - Restrictions:
    - None.
  - Goals:
    - Begin return to running program, if desired.
    - Full, unrestricted return to activities.
  - Exercises:
    - Advance core & lower extremity mobility and stability exercises.
    - Advance to appropriate plyometric exercises for the individual's sport occupation.
    - Advance aerobic and anaerobic energy systems by use of non-impact conditioning such as bike and elliptical trainer.