

JONES FRACTURE ORIF REPAIR PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____Weeks 0-2:

- NWB in boot
- May come out of boot for:
 - Active ankle ROM exercises
 - Toe curls, toe spreads,
- Quad/glut sets, straight leg raises

____Weeks 2-4:

- Transition to WBAT in boot
- Stationary bike in boot
- Core exercises, balance activities
- Foot/ankle stretching/strengthening (Theraband ok)

____Weeks 4-6:

- Discontinue boot and transition to supportive shoe with Jones orthotic/lateral turf toe plate
- Continue exercises from above
- Integrate functional weight bearing exercises and activities, no jumping/landing and/or rapid change in direction

____Weeks 6-8:

- Sport-specific training with run progression (Alter-G if available)
- Increase intensity of strength, balance, coordination and functional training

____Weeks 8-10+:

- Gradual return to sport-related activities and exercises with full length orthosis with lateral hindfoot post
- Full RTP determined based on activity progression

Signature _____

Date: _____