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POST-OPERATIVE REHABILITATION PROTOCOL

Ankle ORIF

WEEKS 0–6 PROTECT FIXATION

- Patient will be non-weight bearing for 6 weeks.
- The first 2 weeks, the patient will be in the postop dressings and splint.
- At 10–14 days post op, patient will see Dr. Kelly and be placed in a CAM boot.
- Range of motion: AROM in all planes as tolerated by the patient
- Exercises:
- Scar care/massage as needed
- Gastrocnemius, soleus, hamstring stretches on the table
- Work up to 4-way ankle vs. Theraband
- ROM board to restore range of motion and proprioception
- Alphabet ROM in open and closed chain positions to work on motion and proprioception. Start with eyes open and transition to eyes closed.
- Modalities as needed for pain and swelling.

GOALS WB per protocol

WEEKS 6–8 MOTION & GAIT

- Increase ROM as tolerated, working towards normal ROM.
- At week 6, advance to weight bearing as tolerated
- Patient will wean out of the boot during weeks 8–10
- Exercises:
- Continue with all stretching exercises.
- Advance to BAPS board.
- Initiate stationary cycle.
- **Weight bearing exercises:** step ups, calf raises, partial squats, SLB training
- Continue to progress ankle strengthening exercises as tolerated.
- Modalities as needed for pain and swelling.

GOALS Progress WB



WEEKS 9–12 BUILD STRENGTH

- Continue to progress towards full ankle range of motion.

EXERCISES

- Continue to progress ankle proprioceptive training and strengthening exercises
- Add in hip strengthening exercises if weakness is present.
- May progress from cycle to elliptical as tolerated; modalities as needed for pain and swelling.

GOALS Normal gait

MONTHS 3–6 RETURN TO ACTIVITY

- Advance to jogging program; continue to advance hip and ankle strengthening program
- At 16 weeks, may start work or sport specific drills; start with bilateral plyometrics and advance to unilateral

GOALS Graduated impact

Return to Sport & Discharge Criteria

- Healing confirmed by Dr. Kelly; full functional ROM
- Strength $\geq 90\%$ of opposite side; graduated return to impact after clearance

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

