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ANKLE OPEN REDUCTION INTERNAL FIXATION (ORIF) POSTOPERATIVE REHABILITATION PROTOCOL

WEEKS 0-6

- 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. Bodendorfer 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.

WEEKS 6-8

- 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.

WEEKS 9-12

- 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.

MONTHS 3-6

- 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.