



Well Beyond.

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Postoperative Therapy Protocol

Open Reduction, Internal Fixation Ankle Fracture

Functional Goals

Weeks 0-2: Control swelling and pain, protect fixation

Weeks 2-6: Protect fixation, progress range of motion

Weeks 6-10: Begin weightbearing, continue to improve range of motion

Weeks 10-14: Transition to regular footwear, progress functional activities

Weeks 0-2

Keep postoperative splint clean, dry, and intact until follow up

Ice 20 minutes per hour for the first 2-3 days, continue as needed afterwards

Strict nonweightbearing on the operative extremity

Weeks 2-6

Discontinue splint at first postoperative appointment at one week

Transition to CAM boot

Initiate gentle range of motion out of boot at physical therapy

- May remove boot during physical therapy appointments

Weeks 6-10

Begin weightbearing progression in CAM boot

- 25% for 1 week
- 50% for 1 week
- 75% for 1 week
- 100% for 1 week

Continue physical therapy focusing on range of motion

May begin strengthening exercises as appropriate

Weeks 10-14

Transition to regular footwear

Continue physical therapy progressing with range of motion and strengthening

Return to activities as tolerated

Full release for unrestricted activity when motion and strength have returned with minimal swelling

Continue home exercise program as directed

Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.