**Ankle stabilisation – post operative rehab protocol**

**Phase I:**

**Weeks 1-2 Goals**

* Rest and recovery from surgery
* Control swelling and pain
* Increase ADL (Activities of daily living) Guidelines
* PWB (partial weight bearing) to FWB (full weight bearing) in cast/CAM boot

Sutures removed @ 10 -16 days.

* Back into a cast/CAM boot for another 4 weeks
* Education: surgery, healing time, anatomy, rehab phases
* Encourage ADL
* Rest and elevation to control swelling
* Control pain
* Hip and knee AROM

**Phase II:**

**Weeks 3-6 Goals**

* Allow healing while maintaining upper body, core, hip/knee strength and ROM
* WB as tolerated with or without crutches in Air Cast Boot
* Massage for swelling
* Elevation to control swelling

@ 6 weeks: after being removed from the cast:

* begin gentle AROM (Active range of motion)ankle PF(plantar flexion)/DF(dorsiflexion)/eversion and toe flexion/extension
* Stationary bicycle with Air Cast boot
* Core exercises - abdominal recruitment - bridging on ball - ball reach - arm pulleys or theraband using diagonal patterns
* Hip: AROM - strength: clam, sidelift, glut max, SLR (straight leg raise)
* Knee: AROM - strength: SLR, theraband press or leg machine
* Stretching: glut max, glut med, piriformis, rectus femoris, hamstrings

**Phase III:**

**Weeks 7-10 Goals**

* WB with pain and swelling controlled
* Use ankle brace and can start rehab
* Stationary bicycle
* AROM: - begin inversion/eversion - continue with ankle PF/DF, toe flex/extension
* Continue with ◦ core exercises – progress to standing exercises ◦ hip strength exercises ◦ knee strength exercises
* Manual mobilization to joints not part of ligament reconstruction

**Phase IV:**

**Week 11-12 Goals**

* Full ROM
* In regular shoe
* Still wearing the ankle brace
* Control swelling +/- pain with elevation or modalities as required
* AROM in WB
* Manual mobilization as required
* Muscle stimulation - intrinsics - invertors/evertors if required
* Gait training
* Continue strengthening core, hips and knees
* Proprioceptive training: single leg stance on even surface

**Phase V:**

**Week 13-16 Goals**

* Full ROM in WB
* Good single leg balance
* Near full strength lower extremity
* Still to use the ankle brace for certain sport specific activities (ie: basketball)
* Proprioceptive training - single leg stance on even surface with resistance to arms or WB leg - double leg stance on wobble board
* Strength - toe raises, lunges, squats - hopping, skipping, running

@ 14+ weeks - manual mobilizations if required

**Phase VI:**

**Week 16+ Goals**

* Full functional return to work +/or activity
* Continue to build endurance
* Work specific or activity specific training
* Plyometric training