



POSTOPERATIVE REHABILITATION PROTOCOL – EARLY WB PROTOCOL

Ankle Fracture ORIF (Weber B / Weber C)

(General guideline – individualized based on injury and intraoperative findings)

PHASE 1: PROTECTION (0–2 WEEKS)

Goals

- Protect surgical repair
- Allow soft tissue healing
- Control swelling

Weight-bearing

- Non-weight-bearing with crutches/scooter

Immobilization

- Posterior splint

Rehabilitation

- Elevation above heart (most important)
 - Toe motion
 - Quad sets and straight leg raises
 - Core and upper body conditioning
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PHASE 2: EARLY MOBILITY (2–6 WEEKS)

Goals

- Restore gentle ankle motion
- Begin controlled weight-bearing
- Protect fixation

Weight-bearing



ANKLE FRACTURE REHAB PROTOCOL
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- Progress from partial → full weight-bearing in boot (as tolerated)

Immobilization

- CAM boot

Rehabilitation

- Active and passive ankle ROM (avoid aggressive stretching)
- Alphabet exercises
- Seated heel raises (light)
- Gentle theraband work (plantarflexion/dorsiflexion early, inversion/eversion later)

Precautions

- Avoid high-impact activity
- Avoid rotational stress if syndesmotom injury present

PHASE 3: TRANSITION (6–12 WEEKS)

Goals

- Normalize gait
- Restore strength
- Improve proprioception

Weight-bearing

- Full weight-bearing in regular shoe with brace

Rehabilitation

- Progress strengthening (calf raises, bands, closed-chain exercises)
- Balance training (single-leg stance → unstable surfaces)
- Stationary bike, elliptical
- Begin light functional movement

PHASE 4: ADVANCED REHAB (12–16+ WEEKS)

Goals



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- Restore power, agility, and endurance
- Prepare for return to sport

Rehabilitation

- Plyometrics (progress gradually)
- Sport-specific drills
- Running progression (if appropriate)

Return to Activity

- Typically around 4 months for many patients
- High-level athletes may take longer depending on injury severity