

Physical Therapy Protocol Ankle Open Reduction Internal Fixation

Recommendation: PT/OT visits 2-3x/week for 0-3 months then 1x/week for 3-6 months

Day 0-14

- Splint on at all times
- No weight bearing

Week 2-6

- Transition to CAM boot in clinic
- CAM on while in public
- No weight bearing
- Passive and active ankle ROM

Week 6-8

- Begin weight bearing in CAM boot
- Passive and active ankle ROM
- No resistance

Week 8-12

- Wean out of CAM boot
- Full weight bearing
- Full range of motion
- Closed chain exercises
- Work towards home program