

## **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