



ANKLE FRACTURE



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Ankle Fracture -Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L Ankle Fracture - Lat Mal / Med Mal / Bimal / Trimal

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

Phase I: Weeks 1-3

Goals

- Safe non weight bearing crutches/knee-walker
- Edema control / swelling control, elevation of foot
- Maximize ankle and hindfoot motion
- Incision care (if applicable) - keep clean and dry.

Guidelines

- Maintain ankle motion with toe crunches; ankle alphabet; inversion eversion; ankle pumps
- Leg elevation
- Safe use of crutches / knee-walker
- Increase safe ADL (activities of daily living)
- Keep incision clean / dry
- Sutures or staples removed at 10-14 days at first follow up appointment

Phase II: Weeks 3-8

Goals

- FWB involved LE in walker boot after 6 weeks when cleared by physician
- 50% AROM all planes involved ankle and subtalar joint
- Control edema
- Minimize complications
- Maintain optimal bone and soft tissue healing environment

Guidelines

- Stationary bike
- Grade 1-2 joint mobilizations ankle and subtalar joints
- PROM into restricted ranges
- Retrograde massage for edema
- Continue DF stretches
- Theraband DF/PF/inv/ev in open chain
- Seated heel raise and BAPS
- Manual resistance in open chain for DF/PF/inv/ev and multiplanar motion
- Leg extension, curl, press, wall stretch with knee flexed and extended

Signature: _____

Date:

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Phase III: Week 8 +

Goals

- Regular shoe wear at ~12 weeks
- FWB by 12w
- Full ankle and subtalar AROM, flexibility
- Restore gait on level surfaces, hills, stairs
- Full return to function

Guidelines

- When FWB
 - Standing BAPS 2 leg, Standing heel raise, Minisquat, One leg balance on floor
- CKC theraband exercises (stand on involved leg and perform hip flex/ext/abd/add with uninvolved LE)
- BAPS knees bent / eyes close / one leg
- Continue phase 2 exercises
- Stairmaster
- Agility exercises
- Continue gait training
- Continue modalities prn
- Sport and Job – specific training