

## Ankle Instability

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#### **Postoperative Course:**

- After surgery: NWB splint x 2 weeks
- 10-14 days: Return to clinic. NWB in CAM Boot x 2 weeks. Active ROM out of boot, plantar/dorsiflexion. Tell patient to start weight bearing in boot in two weeks (4 weeks total). Give postdated Rx for PT. May shower. At 4 weeks, PT begins (no inversion or eversion, gait training, edema control).
- 6 weeks: Return to clinic. Remove CAM boot and transfer to ASO brace. PT: At 8 weeks full active and active assist ROM, passive ROM, proprioception, progression strengthening.
- 12 weeks: Return to clinic. May begin straight line activities, nonimpact. No full athletic activity for 4-6 months, wear ASO at all times for first 6mo. Wear ASO all sporting for first year or as desired.

#### **Postoperative Physical Therapy:**

- Begin therapy at 4 weeks post-op. ROM (Active and active assist, no inversion or eversion), gait training, edema control.
- 6 weeks introduce passive ROM, no inversion past neutral
- 8 weeks: full active and active assist ROM, proprioception, progression strengthening
- Non-impact activities at 12 weeks.
- Impact at 16 weeks.
- No lateral movement/cutting until 4-6 months. Progressive introduction with figure of eight type drills prior to resumption of practice. Practice before game introduction.

Last Updated 9/10/14