

## **Ankle Open Reduction Internal Fixation (ORIF) Rehab Protocol**

**NON WEIGHT BEARING** on operative leg for 6 weeks.

**XRAYs** at 2, 6 and 12 wks post op.

### Week 0-2:

- NON weight bearing
- In splint at all times
- Crutches for ambulation
- Sutures out at 2 weeks

### Weeks 2 - 6:

- NON weight bearing
- Walking boot placed
- Begin home/in person PT –daily ankle ROM
  1. Ice, NSAIDS
  2. ROM of ankle
  3. Isometrics for inversion/eversion
  4. Isotonics for plantar/dorsi flexion

### Weeks 6 - 8:

- Weight bearing as tolerated in WALKING BOOT
- Off Crutches
- PT for ankle conditioning and ROM
- XRAY at 6 weeks – If evidence of healing
  1. Proprioceptive training
  2. Advance to PT as tolerated

### Weeks 8 - 12:

- Weight bearing in regular shoes
- Lace up ankle brace until week 12
- XRAY at 12 weeks – if healed
  1. PT for advanced strength and sport specific training