

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

**NON WEIGHT BEARING** on operative leg for 10-12 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 - 10:

- NON weight bearing
- Walking boot placed
- XRAY at 6 weeks
- 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 10 - 12:

- Progressive weight bearing in WALKING BOOT
- Wean Crutches
- PT for ankle conditioning and ROM
- XRAY at 12 weeks – If evidence of healing
  1. Proprioceptive training
  2. Advance to PT as tolerated

### Weeks 12 and beyond:

- Weight bearing as tolerated
- Wean boot and progress to lace up ankle brace as needed
- Transition to regular shoe as tolerated