Contact Us: +61 8 8463 0745

DR SHANNON SIM
ORTHOPAEDIC SURGEON

Ankle Reconstruction Rehab Protocol

0-2 WEEKS | **2-6 WEEKS** | **6-12 WEEKS** | **WEEK 12**

Goals

- Camboot on at all times including sleeping
- You may put full weight on the operated ankle but boot and 2 crutches at all times

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0-2 WEEKS | **2-6 WEEKS** | **6-12 WEEKS** | **WEEK 12**

Goals

- Camboot on at all times
- OK to come out for daily shower AND daily ankle Range of Motion (ROM) exercises
- Full weight bearing/walk with BOOT and 2 crutches AT ALL TIMES

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- Remove boot – boot no longer required
- Continue to use crutches until you can WALK WITHOUT A LIMP. You can stop using crutches once you can walk without alimp.
- Continue ROM exercises
- Add resistance AND strength training when full symmetrical ROM achieved (i.e. moves as freely as the UNINJURED side).

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Proprioceptive training (i.e. learning to sense movement within joints and joint position)

DO NOT start running/jumping until:

- Full symmetrical painless ROM
- Walking WITHOUT a limp

Return to sport? Only when suitably CONDITIONED

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