

Fibula ORIF

Weeks 0 to 2

- Postoperative splint
- Non-weight bearing with crutches, no knee scooter

Weeks 2 to 6

- Non-weight bearing in walking boot
- Begin active ankle ROM only
 - Dorsiflexion
 - 75% of plantarflexion, avoid full range plantarflexion
 - Avoid passive inversion and eversion
- Begin ankle-strengthening exercises
 - Isometrics all directions – submaximal
 - No resistance bands
- Intrinsic foot strengthening

Weeks 6 to 8

- Progress to full weight bearing without assistive devices with focus on normal gait pattern **IN BOOT ONLY**
- Add lower extremity closed chain exercises, single plane
- Introduce step-up/step-down progression
- Introduce proprioception exercises
 - Even ground only, no BAPS, BOSU, or Wobble board
- Light soft tissue work as needed
- 4 way resisted ankle

Weeks 8 to 12

- Wean out of boot and into lace up ankle brace in athletic shoes **IF** full ankle ROM, adequate strength and gait pattern
- Normal gait pattern
- Progress to full active range of motion, all directions

Weeks 12 to 16

- Progress closed chain exercises
- Progress proprioception training
- Static and dynamic balance progressing to varied surfaces as patient is able
- Plyometric exercises introduced

Weeks 16+

- Jogging/running introduced in brace
- Progress to plyometric program to include dynamic, multi-planar exercises
- Increase intensity and resistance in closed chain activities
- Functional return to activity
- Wean out of brace week 16

Complete functional test before 4 month follow-up with physician