



Ankle ORIF with Syndesmosis
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	WEIGHT BEARING	ROM	EXERCISES
Phase 1a: 0-1 weeks post-op	NWB PO Splint; Crutches, walker, scooter	Ankle - none; AROM of Hip/knee	Quad sets, glute sets, 4-way SLR
Phase 1b: 1-4 weeks post-op Protective	NWB Cast; Crutches, walker, scooter	Ankle - none; AROM of Hip/knee	Quad sets, glute sets, 4-way SLR, Upper body ergometer
Phase 2: 4-10 weeks post-op Intermediate	NWB in boot until 6- 8 weeks post-op then progress from 25% → WBAT by week 10. Use something for contralateral leg-leveling for gait. Remove boot for sleep, hygiene, and therapy	AROM to ankle and gentle Passive stretching to tolerance	Formal therapy to begin when patient transitions to boot Patient may initiate aquatic therapy in week 7 if incision is healed (or protect incision with Tegaderm) Edema control; Ankle AROM, ankle IV/EV isometrics, progressing to Theraband; Seated heel raises, seated heel slide; Seated BAPS; Intrinsic strengthening, arch doming; Core strengthening; talocrural and foot joint mobilizations; gentle scar tissue mobilization, calf STM, Leg press in boot
Phase 3: 10-16 weeks post-op Functional	WBAT in shoes	PWB to FWB stretching	Continue Phase 1-2 exs. Stationary Bike, Balance/Proprioception drills, Resisted walking, step ups, step downs, standing BAPS, lateral drills, lunge progressions, leg press*, squat progressions*, standing calf raise progressions* *advance to single leg versions only when form is correct and pain-free
Phase 4: 16-24 weeks post-op Advanced	FWB	FULL	Elliptical, stairmaster, Progress all WB exercises, Balance/Proprioception, Functional activity training, plyometrics progressions, jogging progression, sports-specific drills

Please send PT progress notes prior to each MD appt.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see PT referral for any specific post op instructions. ****Flexible syndesmosis fixation can advance faster than screws****

Call 309-689-7007 for rehab questions; Call 309-691-1400 x2268 for nursing questions