



0-2 Weeks

Plaster splint

Non-weight bearing with crutches only, no scooter use

Weeks 2-6

Transition into boot non-weight bearing

Begin progressive weight bearing at four weeks post op

- Week four at 25% of weight, use two crutches
- Week five at 50% of weight, may transition to one crutch
- Week six may transition to full weight bearing in boot

Begin ankle ROM only

- Dorsiflexion, 75% max plantar flexion (avoid full plantar flexion)
- Avoid passive inversion and eversion

Begin ankle-strengthening exercises

- Isometrics all directions – submaximal
- No resistance bands

Intrinsic foot strengthening

Weeks 6-12

At week 8, wean from boot and transition into velocity ankle brace

Discontinue sleeping in boot

- Over 10-14 days, may discontinue wearing boot at home. Continue to wear the boot outside of the home.
- After 14 days, completely discontinue boot (10 week mark)
- Transition into velocity brace

Progressive strengthening and ROM

Proprioception training

- Stable surfaces, progress to varied surfaces able

Weeks 12+

Complete preliminary functional test prior to 12 week follow up with physician

Progress to higher impact activity with velocity brace

- Begin straight line jogging
- Plyometrics and jump training

May discontinue velocity brace at 12 weeks