

Jones Fracture ORIF

Phase I - Maximum Protection

Weeks 0-2

- Post-operative posterior splint
- Non-weight bearing at all times with use of crutches
 - No scooter

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Maintain strength and range of motion of non-operative joints

Exercise progression

- Open chain hip strengthening
- Gait training
- Elevation and ice to assist with swelling reduction

Phase II- Progressive Stretching and Early Strengthening

Weeks 2 to 6:

- Transition to CAM boot
- Weight bearing as tolerated
- Initiate range of motion at ankle and foot
 - No restrictions
- Initiate strengthening in CAM boot

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Progress range of motion at ankle and foot
- Progress strength in limb

Exercise progression

- Gait training
- Initiate closed chain exercises in double limb progressing to single limb in CAM boot
- Elevation and ice to assist with swelling reduction
- Able to perform Alter G treadmill with full length carbon fiber insert in shoe or chest depth running in pool at 4 weeks

Phase III- Advanced Strengthening

Weeks 6 to 8:

- Transition to running shoe with full length carbon fiber insert at 6 weeks
- Full weight bearing
- Progress to full range of motion as tolerated

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Normal gait pattern
- Initiate strength and proprioceptive/balance drills

Exercise progression

- Normalize gait pattern
- Introduce bike and elliptical trainer
- Proprioceptive and balance drills
- Unilateral closed kinetic chain strengthening program

- Modalities for pain relief and swelling reduction

Phase IV- Running Progression and Return to Sport

Weeks 8 to 10:

- Remove insert from shoe
- Administer Preliminary functional test at 8 weeks for physical therapist to review
- Initiate straight line jogging at 8 weeks if proper biomechanics are demonstrated and symmetry on functional test
- Advance strengthening program
- Initiate plyometrics progressing from double limb to single limb
- Administer Return To Sport functional test at 10 weeks for physician to review

Goals

- No swelling
- Full range of motion
- Symmetrical strength and power

Exercise progression

- Basic ladder series
- Linear jogging progression
- Basic plyometric box progression
- Gym strengthening progression

Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass Return To Sport functional test at >90% (involved vs. uninvolved limb)
- Display symmetry and confidence in high-speed cutting, multi-plane plyometric drills, sprinting and decelerating

Anticipated return to sport:

- 10-12 weeks for contact and non-contact athletes