



601 Gateway Blvd.
Chesterton, IN 46304
www.LBJI.com

TEL 219.921.1444
FAX 219.921.0533

Chesterton • Crown Point • LaPorte • Michigan City • Portage • Schererville • Valparaiso

Ankle Fracture Protocol

Timeline	Goals/Milestones	Activity/Weight Bearing	Bracing
Week 1	-Swelling and pain management	-Non-weight bearing with crutches/walker/knee scooter	Splint
Week 2-3	-Swelling and pain management -Sutures/staples removed at 2 nd post-operative appointment	-Non-weight bearing with crutches/walker/knee scooter	Hard cast
Week 4-5	-Start gentle ankle range of motion exercises -Start knee high compression socks	-Non-weight bearing with boot	CAM boot
Week 6-9	-Start PT -Start resistance ankle range of motion exercises -Continue knee high compression socks	-Weight bearing as tolerated in walking boot only	CAM boot
Week 10-16	-Continue PT -Continue knee high compression socks	-Weight bearing as tolerated in regular shoe with ankle brace	Ankle brace
Week 17-36	-Increase to full activities of daily living -Slowly transition into hiking, leisurely walking, or other preferred activities -Compression socks as needed	-Full weight bearing without any restrictions	Ankle brace only as needed