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### Lateral Ankle Reconstruction Protocol

<b>Timeline</b>	<b>Goals/Milestones</b>	<b>Activity/Weight Bearing</b>	<b>Bracing</b>
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 <sup>nd</sup> post-operative appointment -Start gentle ankle range of motion exercises	-Weight bearing as tolerated in boot only	-CAM boot
Week 4-9	-Start resistance ankle range of motion exercises -Start PT -Start knee high compression socks	-Weight bearing as tolerated with ankle brace -Week 6: start light jogging/running in straight line on treadmill -Week 6: Start lateral movements and proprioception exercises	-Regular shoe -Ankle brace
Week 10-16	-Continue PT -Continue knee high compression socks	-Full sprinting -Full lateral movements -Jumping	-Regular shoe -Ankle brace as needed
Week 16-36	-Increase to full activities of daily living without restrictions	-Weight bearing as tolerated in regular shoe -Start Alfredson's Stretching protocol	-Regular shoe