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Jones 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	-Weight bearing as tolerated in boot only	-CAM boot
Week 6-8	-Start PT -Start resistance ankle range of motion exercises -Continue knee high compression socks	-Weight bearing as tolerated in boot only	-Regular shoe
Week 8-16	-Continue PT -Continue knee high compression socks -Gradually increase to full activities of daily living	-Full weight bearing as tolerated in regular shoe -Week 12: Start Alfredson Stretching protocol, lateral movements, and proprioception -Week 12: Possible return to sports	-Regular shoe
Week 17-24	-Increase to full activities of daily living	-Full weight bearing without any restrictions including sports	-Regular shoe