



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

Physical Therapy Order – Open Reduction Internal Fixation Ankle Fracture

Phase I (Weeks 0-2)

- Weight Bearing: NWB with crutches
- Brace: plaster splint
- Assist with ambulation while maintaining NWB status

Phase II (Weeks 2-6)

- Weight bearing: NWB in CAM walker boot
- Brace: CAM walker boot at all times (except PT and showering)
- Range of Motion: PROM/AROM/AAROM of dorsiflexion and plantarflexion of ankle
- Therapeutic Exercises: Soft tissue mobilization, scar massage, desensitization, edema control

Phase III (Weeks 6-12)

- Weight bearing:
 - o Week 6-8: partial WB in CAM walker boot
 - o Weeks 8-12: progress to full WB in CAM walker boot
- Brace: CAM walker boot
- ROM: PROM/AROM/AAROM of ankle
- Therapeutic exercises: balance/proprioception, strengthen hip flexors/quads/hamstrings; gastrocsoleus and tibialis anterior strengthening with resistancebands

Phase IV (Months 3-6)

- Progress with strengthening, proprioception, gait training
- Begin light jogging at 12-14 weeks
- Running/cutting at 16 weeks
- Return to sport at 4-6 months with MD clearance