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**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**Physical Therapy ORDER – Ankle Syndesmosis Fixation**

Phase I (Weeks 0-2)

- Weight Bearing: NWB with crutches
- Brace: splint
- No formal PT

Phase II (Weeks 2-4)

- Weight bearing: partial WB with crutches
- Brace: CAM boot
- Range of Motion: initiate PROM/AROM/AAROM of ankle

Phase III (Weeks 4 -6)

- Weight bearing: full WB
- Brace: wean out
- ROM: PROM/AROM/AAROM of ankle

Phase IV (Weeks 6-8)

- Weight bearing: full WB
- Brace: none
- ROM: full
- Progress with strengthening, proprioception, gait training