

## **LATERAL ANKLE LIGAMENT REPAIR PROTOCOL**

### GENERAL CONSIDERATIONS:

- Time frames are approximate.
- No passive inversion or forceful eversion for 8 weeks
- Avoid plantar flexion past resting position for 4 weeks
- Scar tissue treatments to decrease fibrosis and desensitize scar
- No running or jumping for 3 months
- Aerobic and general conditioning throughout rehabilitation

### 0-4 WEEKS:

- 90 ° immobilizer for 4 weeks
- Non-weightbearing for 4 weeks
- Keep your leg elevated as much as possible
- Toe curls, toe spreads/extensions allowed
- Hip and knee strengthening allowed

### 4-8 WEEKS:

- Progress to full weight bearing in walking boot. The boot needs to be on at all times when progressively full weight bearing until week 8.
- Need to sleep in the boot until week 6. May sleep in lace-up ankle brace from week 6-8.
- Proprioception exercises, intrinsic muscle strengthening, manual resistance exercises begin.
- Isometrics in multiple planes and progress to active exercises in protected ranges.
- Cycling, aerobic machines, and pool workouts in splint as tolerated.
- Daily soft tissue treatments.
- Cautious with mobilization of subtalar and tibiotalar joints.

### 8-12 WEEKS:

- Lace-up ankle brace for daily activities from weeks 8-12 post-operatively.
- Gradually increase exercise intensity. Closed-chain exercises permitted. Continue to work on proprioception.
- Can do passive and active range of motion exercises into both inversion and eversion cautiously.

### 3-6 MONTHS:

- Progress into athletics based upon functional status
- Lace-up ankle support for athletics for the first year after surgery