



Weeks 0-2

Postoperative splint

NWB with crutches only, no scooter use

Weeks 2-6

Short leg cast

Non-weight bearing in pneumatic walking boot

- May use knee scooter pending MD approval

Open kinetic chain exercises

6-10 Weeks

Begin PT

WBAT in boot

Goals:

- Progress ankle ROM and strength
 - 4 way resisted ankle
- Closed kinetic chain exercises in boot

10-12 Weeks

Transition from boot to shoe with orthotic with a medial post

Begin dynamic and proprioceptive/balance activities

Avoid high impact activity

Complete preliminary functional test at 12 weeks

12 Weeks+

Progress toward sport specific activity

- Initiate straight line jogging
- Basic ladder series
- Plyometric box jump progression
- Gym strengthening

Compete full functional test at 16-18 weeks