



### 0-2 Weeks

Plaster splint

Non-weight bearing with crutches only, no scooter use

### Weeks 2-4

- Transition into boot
- Begin progressive weight bearing
  - Week two at 25% of weight, use two crutches
  - Week three at 50% of weight, may transition to one crutch
  - Week four may transition to full weight bearing in boot
- Begin ankle ROM only
  - Dorsiflexion, 75% max plantar flexion (avoid full plantar flexion)
  - Avoid passive inversion and eversion
- Begin ankle-strengthening exercises
  - Isometrics all directions - submaximal
  - No resistance bands
- Intrinsic foot strengthening

### Weeks 4-8

- At week 8, wean from boot and transition into velocity ankle brace
  - Over 10-14 days, may discontinue wearing boot at home. Continue to wear the boot outside of the home.
  - After 14 days, completely discontinue boot (8 week mark)
  - Must wear velocity brace for 6 weeks
- May sleep without boot at 4 weeks
- Progressive strengthening and ROM
- Proprioception training
  - Stable surfaces progressing to varied surfaces as strength and neuromuscular control allows

### Weeks 8-12

Complete preliminary functional test prior to 8 week follow up with physician

Progress to higher impact activity with velocity brace

- Begin straight line jogging
- Plyometrics and jump training

Sport specific training at 12 weeks

May discontinue velocity brace at 12 weeks

Complete full functional test at 16 weeks