

Lateral Ankle Reconstruction Protocol

Weeks One And Two	Weeks Two To Six
Initial Evaluation	Evaluate
<ul style="list-style-type: none"> ➤ Patient is NWB w/ assistive device/s while in Robert Jones splint 	<ul style="list-style-type: none"> ➤ Patient in WB cast x 4 weeks ➤ Gait progression from TDWB at week 2 to full WB by week 6
Patient Education	Patient Education
<ul style="list-style-type: none"> ➤ Support Physician prescribed meds ➤ Reinforce NWB w/ assistive device/s ➤ Elevation as tolerated for swelling management 	<ul style="list-style-type: none"> ➤ TDWB initially and progress to full WB by week 6
Therapeutic Exercise	Therapeutic Exercise
<ul style="list-style-type: none"> ➤ No ankle ROM or strengthening ➤ UBE for cardio per patient ➤ OKC of hip and knee per patient ➤ Isometrics of hip and knee 	<ul style="list-style-type: none"> ➤ No ankle ROM or strengthening ➤ UBE ➤ Hip and knee ROM/flexibility as needed ➤ Multi-planar knee and hip OKC exercises ➤ Core strengthening (i.e.: planks from knees)
Manual Techniques	Manual Techniques
<ul style="list-style-type: none"> ➤ None at this point in time 	<ul style="list-style-type: none"> ➤ None at this point in time
Modalities	Modalities
<ul style="list-style-type: none"> ➤ Elevation ➤ Unable to use modalities due to cast 	<ul style="list-style-type: none"> ➤ Elevation ➤ Unable to use modalities due to cast
Goals	Goals
<ul style="list-style-type: none"> ➤ Control pain ➤ Reduce edema ➤ Protect repair 	<ul style="list-style-type: none"> ➤ Full WB in walking cast ➤ Restore normal AROM/flexibility of hip and knee ➤ Protect repair

Weeks Six To Eight	Weeks Eight To Twelve
Evaluate	Evaluate
<ul style="list-style-type: none"> ➤ Ankle DF and PF ROM (No inversion, eversion) ➤ 1st MTP extension ➤ Calf flexibility ➤ Full WB in Speed brace (removed for therapy sessions) ➤ Gait pattern ➤ HEP compliance 	<ul style="list-style-type: none"> ➤ Ankle ROM, strength ➤ Postero-lateral hip strength ➤ Gait pattern ➤ Balance ➤ HEP compliance ➤ Begin weaning from brace for everything except sporting activities
Therapeutic Exercise	Therapeutic Exercise
<ul style="list-style-type: none"> ➤ DF and PF ROM ➤ 1st MTP extension ➤ Calf stretching ➤ Ankle isometrics in neutral ➤ Begin stationary bike ➤ May begin bilateral progressing to unilateral balance ➤ Planks (prone and lateral) from feet ➤ Aquatic therapy 	<ul style="list-style-type: none"> ➤ Progression of CKC and balance ➤ Add eversion strengthening via isotonic (inversion starts @ week 9) ➤ Elliptical ➤ Heel raises ➤ BOSU; BAPS; Airex; Dyna discs
Manual Techniques	Manual Techniques
<ul style="list-style-type: none"> ➤ As needed to improve DF, PF, 1st MTP extension ➤ Avoid tensioning lateral ankle ➤ Soft tissue/scar mobilization as needed 	<ul style="list-style-type: none"> ➤ As needed to improve DF, PF, 1st MTP extension, eversion ➤ Soft tissue/scar mobilization as needed
Modalities	Modalities
<ul style="list-style-type: none"> ➤ Any as indicated to reduce swelling, improve ROM, decrease pain 	<ul style="list-style-type: none"> ➤ Ice/compression/elevation
Goals	Goals
<ul style="list-style-type: none"> ➤ Normalizing gait pattern ➤ Reduce edema ➤ Independence with HEP 	<ul style="list-style-type: none"> ➤ Full AROM of ankle ➤ Full strength of hip and ankle ➤ Normal gait pattern ➤ Symmetrical single leg stability and balance ➤ Progression to CFA (return to sport ~16weeks post-surgery pending sport demand and athlete's capacity)

References:

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