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ANKLE ORIF Rehab Protocol

NON WEIGHT BEARING on operative leg for 6 weeks.

XRAYs at 2, 6 and 12 wks post op.

Week 0-2:

- NON weight bearing
- In splint at all times
- Crutches for ambulation
- Sutures out at 2 weeks

Weeks 2 - 6:

- NON weight bearing
- Walking boot placed
- Begin home/in person PT –daily ankle ROM
 1. Ice, NSAIDS
 2. ROM of ankle
 3. Isometrics for inversion/eversion
 4. Isotonics for plantar/dorsi flexion

Weeks 6 - 8:

- Weight bearing as tolerated in WALKING BOOT
- Off Crutches
- PT for ankle conditioning and ROM
- XRAY at 6 weeks – If evidence of healing
 1. Proprioceptive training
 2. Advance to PT as tolerated

Weeks 8 - 12:

- Weight bearing in regular shoes
- Lace up ankle brace until week 12
- XRAY at 12 weeks – if healed
 1. PT for advanced strength and sport specific training