

Syndesmotic/High Ankle Repair Post-op Rehab

Cast and Non-weight bearing for 6 weeks

Boot with weight bearing as tolerated for 4 weeks and stirrup brace for 2 weeks

PHASE I EXERCISES (after 6 weeks)

- Once in a boot ok to work on ROM (Important to avoid dorsiflex stretch past neutral and no eversion for 12 weeks)

CARDIOVASCULAR EXERCISE

- Bike and row single well leg anytime
- Both leg bike no resistance (begin at 8 weeks)
- Bike with resistance at 12 weeks pain free
- Elliptical trainer (begin at 14 weeks)
- Rowing (begin at 14 weeks)
- Stair stepper (begin at 14 weeks)
- Pool running at 12 weeks
- Treadmill slow pace (begin at 16 weeks)

PHASE II (begin after 6 weeks)

- Begin weight bearing in a boot full time at 6 weeks
- Out of boot for DF/PF/inversion isometric strengthen at 0 degrees and no eversion
- Work on full PF at 6 weeks and full dorsiflex at 12 weeks
- OK to active ROM as tolerated in straight DF/PF
- begin seated toe raises at 6 weeks
- stable surface balance double leg and move to single when good control (at 8 weeks moving to unstable surface at 12 weeks)
- seated BAPS board at 10 weeks
- Double knee bends (week 12)
- Single knee bends (begin at week 12)
- Side to side lateral motion (begin at 16 weeks)

PHASE III- (begin after 12 weeks)

ROM

- Full active and passive ROM to include DF and eversion at 14 weeks

Strengthen

- Side stepping with band resistance and stand on affected and kick 4 directions with band on unaffected when stable balance on single leg
- Pool Running at 12 weeks
- advance cardio with no running on treadmill until 16 weeks
- step-up progression
- Leg press keeping ankle at 0 degrees dorsiflex

David S. Gazzaniga MD

22 Corporate Plaza Drive

Newport Beach, CA 92660

Phone: (949) 722-7038 Fax: 959-630-4960

- proprioception drills on unstable surface
- Mini squats with bar

PHASE IV- HIGH LEVEL ACTIVITIES (week 16+)

- Full Strengthening program
- Begin straight plane running
- Multidirectional agility drills and plyometric from bilateral to unilateral
- Return to play at 20-24 weeks

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