

Ankle Ligament Stabilization & Peroneal Tendon Debridement REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I 0-4 weeks</i>	0-2 weeks: Non-weight bearing 2-4 weeks: Transition to full weight bearing.	Splint On at all times during day and while sleeping Transition to CAM boot at 2 weeks; CAM boot at all times for 4 weeks	Ankle Range of motion at 2 weeks	quad sets, SLR in brace, Progress non-weight bearing flexibility Continue hip and glutes work Continue quad/hamstring sets, and SLR At 2 weeks: May progress to weight bearing in boot
<i>PHASE II 4-8 weeks</i>	Weight bearing as tolerated	4-6 weeks: Boot at all times during day and while sleeping; may come out for hygiene and to work with physical therapy May transition out of CAM boot at 6 weeks	Ankle range of motion	Progress weight bearing flexibility Continue hip and glutes work Continue quad/hamstring sets, and SLR Advance closed chain quads, progress balance, core/pelvic and stability work Begin stationary bike at 6 weeks Advance SLR, floor-based exercises, hip/core
<i>PHASE III 8 weeks - 12 weeks</i>	Weight bearing as tolerated	ASO brace	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Advance SLR, floor-based exercises, hip/core Gait retraining; Progress flexibility and strengthening, progression of functional balance, core, Glutes/hams program

				Advance bike after 12 wks Outdoor cycling, elliptical, swimming after 12 wks
<i>PHASE IV</i> <i>12-24</i> <i>wks</i>	Full	None	Full	Sport-specific re-training Dynamic and static balance Glutes/ pelvic stability/core + closed-chain quad program and HEP independent Continue gait retraining