

Ankle Ligament Stabilization & Peroneal Tendon Debridement Rehabilitation Protocol- Dr Bokshan

Phase 1 (0-4 weeks)

- PT EVAL 3-5 days post op
 - Remove surgical bandages and cover incisions with gauze + Tegaderm- OK to shower when covered
 - Exception: do not remove Aquacel bandages
- Weight Bearing & Boot
 - Weight bearing as tolerated (WBAT)
 - *Unless otherwise stated in op note*
 - CAM boot for 2 weeks- begin weaning with proper gait pattern and low pain levels
- ROM & Exercises
 - Open chain AROM in pain-free range
 - Open chain proximal strengthening

Phase 2 (4-8 weeks)

- Weight Bearing & Boot
 - WBAT
 - Should be out of CAM boot full time
- ROM & Exercises
 - Continue proximal strength
 - Begin closed chain balance and stability
 - Functional strengthening- steps, squats, etc.
 - Stationary bike (6 weeks)

Phase 3 (8-12 weeks)

- Weight Bearing & Boot
 - Full WB
 - ASO brace PRN
- ROM & Exercises
 - Advance strengthening

Phase 4 (12+ weeks)

- Outdoor cycling
- Elliptical
- Swimming
- Sport specific training & return to sport testing if the following goals are met:
 - Y balance test 90%
 - Dynamometer/Tindeq strength 90% to contralateral LE
 - Return to Sport Battery www.conehealth.com/orthocare/resources/#rehab