

Christopher P. Miller, MD
Brianna Whitehouse, PA-C
617-667-3940

Accelerated Lateral Ankle Instability Post-op Rehabilitation Protocol

There is no substitute for common sense.

If you feel you are progressing too quickly or are having pain or any concern with an activity please stop, rest and try to advance again after a couple of days. Call my office if you have any concerns.

<i>Time Frame</i>	<i>Activity</i>
0-2 weeks	WBAT, dorsiflexion/plantar flexion exercises. Hip/Knee ROM core strength. Keep elevated as much as possible to decrease swelling.
3-6 weeks	Lace up brace, continue to elevate as needed for swelling. Stationary bike, begin inversion/eversion, continue to work on hip/knee/core exercises. Proprioception for ankle.
7-10 weeks	Continue to use ankle brace in regular shoe Stationary bike, ROM as tolerated with inversion/eversion/DF/PF Continue core/hip/knee strengthening exercises
11-12 weeks	Regular shoe, brace, continue strengthening, work on proprioception Gait training, muscle stimulation as needed
13-16 weeks	Brace, regular shoe Continue proprioception, begin lunges, squats, toe raises Begin jumping, running as tolerated
>17 weeks	Activity specific training, return to full play, continue brace as needed

Beth Israel Deaconess Medical Center Foot and Ankle

Please support our Foot and Ankle Education and Research Program!