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### **Ankle Fracture 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.

This is a general guideline. Your specific progress may change based on healing or other factors.

<i>Time Frame</i>	<i>Activity</i>
0-2 weeks	Non-weight bearing in splint at all times
2-6 weeks	Touch down weight bearing in boot with crutches Active gentle ankle range of motion, avoid inversion Up one minute, Down one minute x 2 Circles for 1 minute Perform 4-5 times/day
6-8 weeks	Progress weight bearing in boot with crutches Active ankle and hindfoot range of motion
>8 weeks	Wean from boot and crutches Continue ROM, begin pool therapy (i.e. running suspended), as symptoms permit progress fitness beginning with cycling and elliptical before sport-specific training

*Beth Israel Deaconess Medical Center Foot and Ankle*

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