

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

Jones Fracture Rehabilitation Protocol

There is no substitute for common sense.

If you feel you are progressing to 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	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
6-8 weeks	Progress weight bearing in boot with crutches Active ankle and hindfoot range of motion
>8 weeks	Wean from boot 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
Please support our Foot and Ankle Education and Research Program!*