

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

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	Non-weight bearing in splint at all times
2-6 weeks	Non-weight bearing in a cast or boot with crutches
6-8 weeks	Transition to walking boot, advance weight bearing with crutches Begin active range of motion of ankle Protected Gait training Avoid inversion
8-10 weeks	Wean from boot and crutches. May use ankle stirrup brace as needed Ankle ROM exercises Gait training
10-12 weeks	Gentle ankle AROM beginning week 9 General ankle strengthening No running, but OK for StairMaster, Elliptical, stationary bike Proprioception and balance training
>12 weeks	Plyometric training, sport specific rehab, strengthening, Proprioception and balance training. Goal to return to sport. Use lace up ankle brace during sport for 6 months for increased stability and proprioception

Beth Israel Deaconess Medical Center Foot and Ankle

Please support our Foot and Ankle Education and Research Program!