



Frantz R. Lerebours, MD

Orthopaedic Surgeon

Ankle Fracture: Post-operative Rehabilitation Protocol

Name: _____

Date of Surgery: _____ Phase

I (Weeks 0-2)

Weight bearing: As tolerated with crutches (for balance) x 24-48 hours – progress to WBAT
Therapeutic Exercises

- Quad and Hamstring sets
- Heel slides
- Co-contractions
- Isometric adduction and abduction exercises
- Straight-leg raises
- Patellar mobilization Phase II (Weeks 2-4)

Weight bearing: As tolerated

Therapeutic Exercises :

- Quadriceps and Hamstring strengthening
- Lunges
- Wall-sits
- Balance exercises – Core work Phase III (Weeks 4-6)

Weight bearing: Full weight bearing

Therapeutic Exercises: ➤ Leg press

- Hamstring curls
- Squats
- Plyometric exercises
- Endurance work
- Return to athletic activity as tolerated

Comments: Frequency: _____ times per week Duration: _____ weeks

Signature: _____

Date: _____