Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Ankle Lateral Ligament and/or Deltoid Ligament Repair
Post-Operative Protocol

Post-Operative Week 0-2

Goals:

- Protect healing tissue: postoperative posterior splint

Treatment:

- Non-weight bearing with crutch use, no scooter use
- Elevation above the heart "toes above the nose" for edema control

Post-Operative Week 2-4

Goals:

- Toe-touch progressive to full weight bearing in boot
- Continue general strengthening of the LE, UE and core as indicated

Treatment:

- Gait training
- Begin ankle AROM without resistance
  - Dorsiflexion
  - Avoid passive inversion and eversion
  - Avoid full-range plantar flexion (75% max ROM)
- Begin ankle-strengthening exercises
  - Isometrics all directions - submaximal
- Intrinsic foot strengthening: toe curls

Post-Operative Weeks 4-8

Goals:

- Weeks 4-6 full weight bearing in walking boot
- Weeks 6-8 wean out of boot and into shoe with Velocity Ankle Brace
- Progress ankle strength, ROM and proprioceptive exercises

Treatment:

- Normal gait patterning/training
- Progress to full AROM, all directions
- Add LE closed chain exercises, single plane
- Evaluate LE biomechanics, flexibility and strength bilaterally
- Introduce proprioceptive exercises
  - Even ground only, no BAPS, BOSU or Wobble board

Postoperative Weeks 8-12

Goals:

- Normalized gait
- Introduce step up/down progression
- Full functional ROM of the ankle
- Patient demonstrates fair static and dynamic neuromuscular control

Treatment:

- Progress closed chain exercises
- Progress proprioceptive training o Static and dynamic balance progressing to varied surfaces as patient is able

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Post-Operative Weeks 12-16
Transition from Velocity Ankle Brace to traditional lace up ankle brace
Goals:

- Patient to demonstrate full strength throughout full ROM
- Patient to demonstrate fully restored static and dynamic neuromuscular control and kinesthetic awareness

Treatment:

- Begin high impact activity
- Progress to plyometric program to include dynamic, multiplanar exercises
- Increase intensity and resistance in closed chain activities
- Sport-specific drills
- Multiplanar movements

Complete functional test before four month follow up visit with physician.

Revised ***