Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Fibula Open Reduction Internal Fixation
Post-Operative Protocol

Week 0-2
- Non-weight bearing with crutch use
- No knee scooter use

Week 2-6
- Non-weight bearing in walking boot
- Begin active ankle ROM only
  - Dorsiflexion
  - Avoid passive inversion and eversion
  - avoid full-range plantar flexion
- Intrinsic foot strengthening

Week 6-8
- Progress to FWB without assistive device with focus on normal gait patterning IN BOOT ONLY
- Remove boot for beginning open chain AROM exercises for dorsiflexion and 75% plantar flexion without resistance
- Add LE closed chain exercises, single plane
- Introduce proprioceptive exercises
  - Even ground only, no BAPS, BOSU or Wobble board
- Light soft tissue work

Week 8-12
- Wean out of boot and into lace up ankle brace in athletic shoes **IF** full ankle ROM, adequate strength and gait pattern
- Normal gait patterning
- Progress to full active range of motion, all directions

Week 12-16
- Progress closed chain exercises
- Progress proprioceptive training
- Static and dynamic balance progressing to varied surfaces as patient is able
- Plyometric exercises introduced

Week 16+
- Jogging/Running introduced in brace
- Progress to plyometric program to include dynamic, multi-planar exercises
- Increase intensity and resistance in closed chain activities
- Functional return to activity

Revised ***