

Phase I - Maximum Protection**Weeks 0-2**

- Post-operative splint
- Non-weight bearing at all times with use of crutches
 - No scooter

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Maintain strength and range of motion of non-operative joints

Exercise progression

- Open chain hip strengthening
- Gait training
- Elevation and ice to assist with swelling reduction

Weeks 2 to 6:

- Transition to CAM boot
- Non-weight bearing with use of crutches or scooter pending MD approval

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Maintain strength in contralateral limb and unaffected joints

Exercise progression

- Elevation and ice to assist with swelling reduction

Phase II- Early Stretching and Strengthening**Weeks 6 to 12:**

- Gradual progression of weight bearing while in CAM boot
- Initiate range of motion at foot and ankle
- Initiate closed chain strengthening consistent with weight bearing status

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Weight bearing progression while in CAM boot
 - Week 6: 25% weight bearing
 - Week 7: 50% weight bearing
 - Week 8: weight bearing as tolerated progressing to full weight bearing
- Initiate strengthening at foot and ankle

Exercise progression

- Normalize gait pattern
- Introduce bike or NuStep
- Bilateral and unilateral closed kinetic chain strengthening program consistent with weight bearing status
- Isometric ankle/foot strengthening once full weight bearing
- Intrinsic foot strengthening
- Modalities for pain relief and swelling reduction

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Phase III- Progressive Stretching and Strengthening**Weeks 12 to 18:**

- Discontinue CAM boot and transition to shoe with full length carbon fiber insert
- Weight bearing as tolerated
- Progress closed chain strengthening
- Initiate balance/proprioceptive drills

Goals

- No swelling
- Weight bearing progression
 - Weeks 12 and 13: transition out of CAM boot for household ambulation and PT only
 - Week 14: transition out of CAM boot at all times
- Full range of motion
- Normal gait pattern
- Progress single limb strength

Exercise progression

- Gait training- normalize gait pattern
- Proprioception/balance drills
- Unilateral closed kinetic chain strengthening program
- Bike and elliptical trainer

Phase IV- Advanced Strengthening and Running Progression**Weeks 18-22:**

- Shoe with full length carbon fiber insert
- Administer Preliminary functional test at 18 weeks for physical therapist to review
- Initiate straight line jogging at 18 weeks if proper biomechanics are demonstrated and symmetry on functional test
- Advance strengthening program
- Initiate plyometrics progressing from double limb to single limb
- Potential removal of hardware by MD at 20 weeks if dictated by swelling/pain
- Administer Return To Sport functional test at 24-26 weeks prior to MD appointment for physician to review

Goals

- No swelling
- Full range of motion
- Symmetrical strength and power

Exercise progression

- Basic ladder series
- Linear jogging progression
- Basic plyometric box progression
- Gym strengthening progression

Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass Return To Sport functional test at >90% (involved vs. uninvolved limb)
- Display symmetry and confidence in high-speed cutting, multi-plane plyometric drills, sprinting and decelerating

Anticipated return to sport:

- 26 weeks for contact and non-contact athletes

Revised ***