

PHASE I

PHASE I: IMMEDIATE PROTECTION PHASE (WEEKS 0-4)

Goals:

- **Protect healing tissue**
- **Decrease pain and inflammation**
- **Retard muscular atrophy**
- **Control weight bearing forces**
- **Weight bearing** – Non weight bearing in splint first two weeks. WBAT into a CAM boot from 2-4 weeks.
- **ROM** – None
- **NO INVERSION EXERCISES**

Exercises:

- Initiate OKC LE strengthening all planes
- Upper body strengthening and UBE for cardiovascular conditioning. LE stationary bike with boot on.
- No ankle strengthening first 4 weeks
- Begin submaximal ankle isometrics at 4 weeks

PHASE II

PHASE II: INTERMEDIATE PHASE (WEEKS 4-10)

Goals:

- **Protect healing tissue**
- **Retard muscular atrophy**
- **Progress weight bearing tolerance**
- **Begin proprioceptive drills**
- **Weight bearing** - Increase to FWB. Wean out of boot weeks 4-6 and into a shoe with use of prescribed ankle brace.
- **ROM** - Begin ankle ROM dorsiflexion. Avoid passive inversion and eversion
- Avoid full range plantarflexion
- **NO INVERSION (active or passive) past neutral until after week 6**
- Light soft tissue work/scar massage

Begin strengthening exercises:

- PRE's 75% of opposite LE (Theraband)
- Emphasize eversion and peroneal strengthening (Theraband)
- **NO active INVERSION past neutral until after week 6**
- Bicycle
- Intrinsic foot strengthening

PHASE II

PHASE II: WEEKS 6-8

Exercises:

- 3-way Theraband isotonic (dorsiflexion, plantarflexion, eversion)
- Seated proprioceptive drills and standing even ground double leg drills
- Add LE CKC ex's – single plane
- Leg press
- Knee extension
- Posterior chain exercises and core strengthening

PHASE II: WEEKS 8-9

Exercises:

- Normalize gait mechanics. Continue with ankle brace
- Vertical squats
- Side and front lunges
- Lateral step-ups

PHASE II: WEEKS 10-12

Exercises:

- Standing proprioceptive drills single leg. Progress from eyes open to eyes closed and multi-tasking with perturbation.
- Stair climbing machine/Elliptical machine

PHASE II: POOL PROGRAM

- Swimming weeks 6-8
- Fast-paced walking weeks 8-10 in line, no cutting
- Running in pool weeks 10-12

PHASE III

PHASE III: ADVANCED MOTION AND STRENGTHENING PHASE (WEEKS 10-20)

Goals:

- **Progress to full motion**
- **Advance proprioceptive drills**
- **Increase strength, power, and endurance**
- **Gradually initiate sporting activities**
- **Prerequisites:** Pain free walking, adequate strength, full ROM

PHASE III

PHASE III: CONTINUED (WEEKS 10-20)

Exercises:

- Continue strengthening exercises
- Theraband strengthening inversion/eversion, dorsi/plantarflexion - high repetition
- Standing calf raises
- Bicycle
- Stair climbing machine
- Vertical squats
- Front lunges
- PNF diagonals
- Proprioceptive training
- Initiate plyometric program - with brace. Single plane only. Static and dynamic balance progressing to varied surfaces as able.
- Initiate running program - see Hope Orthopedics return to run program
- Initiate agility drills
- Initiate sport specific training and drills

PHASE IV

PHASE IV: RETURN TO ACTIVITY PHASE (MONTHS 5-6)

Goals:

- **Continue to increase strength, power, and endurance of lower extremity**
- **Gradual return to sport activities**
- **Prerequisite:** Full strength throughout full ROM. Good static and dynamic neuromuscular control and kinesthetic awareness.
- Pass functional testing if returning to sport for final clearance

Exercises:

- Continue ankle strengthening program
- Continue closed chain strengthening program
- Progress plyometric program to include dynamic multi-planar exercises
- Continue running and agility program
- Accelerate sport specific training and drills