

Ankle – Lateral Ligament Reconstruction Protocol

- A. 0-2 weeks post-op
 - 1. Splint Immobilization in position of slight eversion
 - 2. Frequent elevation and cryotherapy
 - 3. NWB status with proper AD
- B. 2-6 weeks post-op
 - 1. Gait
 - CAM boot
 - WBAT with appropriate AD
 - May wean from AD as tolerated
 - 2. Exercise
 - AROM as tolerated (DF, Ever, PF)
 - No Inversion work
 - Stationary Bike
 - Isometrics in neutral position
 - Gentle PRE thera-band PF and DF
 - Low level balance / proprioceptive work
- C. 6-8 weeks post-op
 - 1. Gait - Wean from CAM into lace support
 - 2. CAM boot or night splint at night
 - 3. Exercise
 - PRE OKC and CKC strength work
 - PRE Balance / proprioceptive work
 - Non-impact / WB cardio work
- D. 8-12 weeks post-op
 - 1. Interval jog to running program
 - 2. Progressive jump to hop drills, agilities, and sport specific activities
 - 3. Progressive cutting, planting, and plyometrics
- E. 12 weeks post-op - Return to sport based on physician clearance