

Ankle fracture post-surgical protocol

Ankle Fracture – Weight bearing and ROM protocol

0-2 weeks Non-weight bearing and Elevation

- Keep the cast dry - leave on 24/7
- Rest and elevation to allow for wound healing
 - When sitting elevate leg on foot stool or chair
 - When lying down, can elevate leg on single pillow
 - Don't walk too much, aim for essential walking within your home

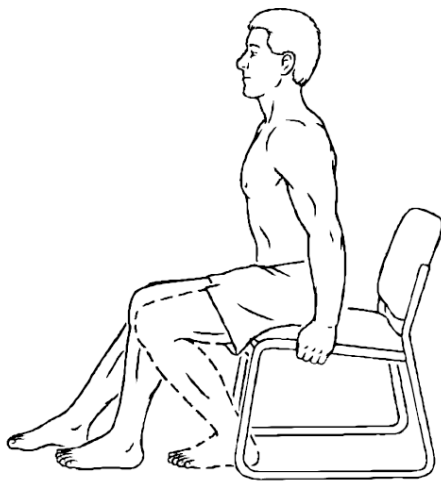
Pain relief medication

- Taking regular pain relief medication as prescribed, together with elevating your foot as much as possible ie, 23hrs/day – is the best way to minimize your pain and optimize healing in the first week after your operation
- It is better to have your baseline pain medications ie, Paracetamol and/or Ibuprofen regularly every 4-6hrs as prescribed rather than let pain build up before taking these medications
- Strong pain relief options ie, endone, will be available for you to take PRN – as needed.
 - Aim to be off stronger medications after 1week post op
- Wean off the stronger pain options first while keeping up regular paracetamol and/or ibuprofen for up to 2 weeks post op
- If you have any issues with medication guidance please talk with your GP

2 to 6 weeks Progress into a moonboot or air-cast and start weight onto foot Start ankle movement (Exs 1, 2, 3)

- The 2 week wound check will be done in the rooms
- Try to organise an air-cast (or moonboot) before visiting
- After your visit you should:
- WBAT (weight bear as tolerated) in air-cast boot with crutches
 - Can use 2 crutches outside but wean crutches as able for indoor use
 - You may be able to manage with 1 crutch indoors
 - Use 1 crutch on opposite side to operated foot
 - If painful or limping continue with 2 crutches
- Boot can be removed at night, but needs to be reapplied if walking to toilet
- Foot can get wet in shower – remove boot and dressings, start tubigrip at 2wks
- Remove boot 3x daily to allow for ROM exercises (Exercises 1,2,3 as below)





Exercise 1 – Seated Heel slide stretch

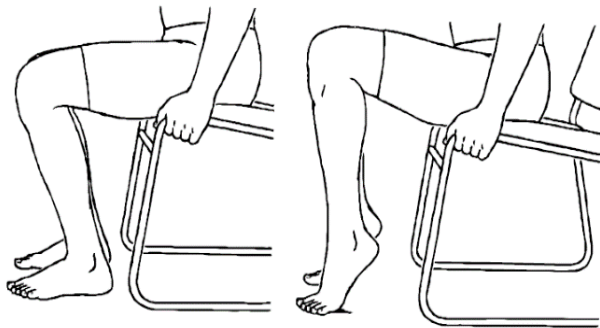
Sitting in a chair with boot off

Place foot on floor, heel flat

Slide foot backwards until stretch is felt

Hold for 10 seconds with heel on floor

Rest for 30 seconds and repeat 10 second stretch 5 times.

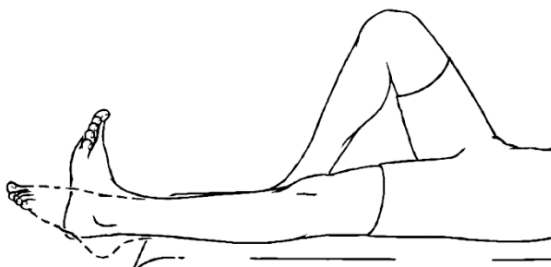


Exercise 2 – Seated Heel raises

Sitting in a chair with boot off

Raise heels up and down keeping toes flat

Repeat 20 times slowly, rest for 30 seconds and repeat 3 x 20.



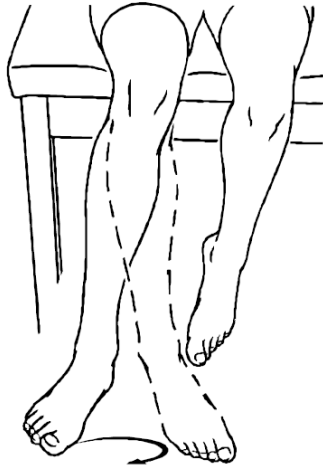
Exercise 3 – Ankle Dorsiflexion (pull toes back)

With boot off, move toes back and forth gently

Repeat 20 times slowly, rest for 30 seconds and repeat 3 x 20 repetitions

6 to 8 weeks

- Wean air-cast boot, WBAT out of boot with crutches, then single crutch, then no crutches
- Wear boot when outdoors until 8 weeks, can remove boot at night and walking at home
- Exercises - Progress to WB ROM in standing with no boot (Exs 4, 5)



Exercise 4 – Ankle circles

Sitting with boot off

Move foot in circles, drawing circle with big toe

Both directions 10 times each = 20 circles

Rest 30 seconds and repeat 3 sets of 20 circles



Exercise 5 – Ankle Eversion / Inversion

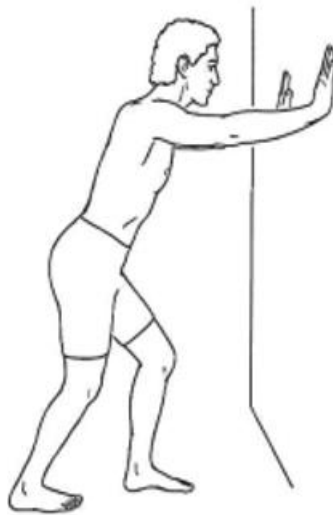
(Side to side movement)

Aim to turn sole of foot inward then outward

Both directions 10 times each

Rest 30 seconds and repeat 3 sets of 20

8 to 10 weeks:



Exercise 6 – Standing Ankle stretch A

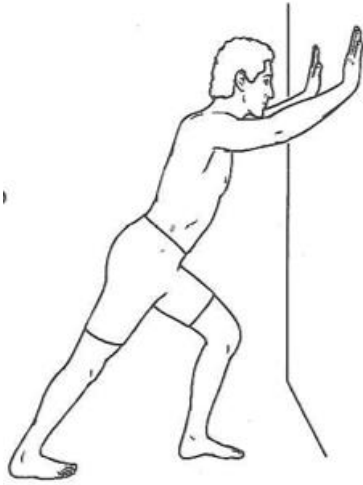
Stand with affected foot back

Both knees slightly bent

Lean into wall until stretch in lower calf

Hold for 10 seconds

Rest and repeat 3 x 10 second stretches



Exercise 7 – Standing Ankle stretch B

Stand with affected foot back

Back leg straight keeping heel on floor

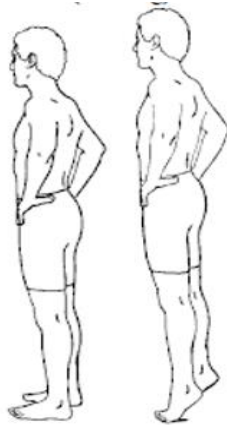
Foot turned slightly out

Lean into wall until stretch in calf

Hold for 10 seconds

Rest and repeat 3 x 10 second stretches

8- 10 weeks: Add exercise 8 +9



Exercise 8 – Standing heel raises – 2 feet

Rise on balls of feet slowly

Repeat 10x

Rest and repeat 3 sets of 10



Exercise 9 – Single leg balance

Attempt to balance on one foot, can hold onto wall or bench to start with

Aim to stand on one foot for 5 seconds, build up to 10 seconds

When comfortable, can try this with your eyes closed

12 weeks onwards:

- your physiotherapist will guide you back to full activities
- jogging and running as per your Drs advice
- Bike – can start at 8 wks if stationary
- Swimming
- Sport
- Work – return advice