

**Open Reduction Internal Fixation Isolated Medial Malleolus Fracture
Postoperative Rehabilitation Protocol
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	Weightbearing	Orthosis	ROM	Exercise
Phase I Week 0 - 2	NWB	Posterior slab/splint /boot from surgery.	None	None
Phase II Week 2 - 3	NWB	CAM boot	Gentle AROM as tolerated if wound healing well.	None
Phase III Week 3 - 6	NWB	CAM boot	Continue AROM	Start submaximal isometrics - There should be NO motion through the ankle especially inversion or eversion
Phase IV Week 6 - 8	If cleared by MD, progress WBAT	Start to wean out of CAM boot	<u>Progress ROM:</u> - AROM - AAROM - PROM Gentle stretch as needed to re-establish ROM	Continue Phase III Add: - theraband - Exercise bike if ROM allows - Proprioception
Phase V Week 8 - 12	WBAT	None	Full	Continue phase IV Add: - Progressive resistance as tolerated
Phase VI 12 - 16	WBAT	None	Full	Continue phase V Add: - plyometrics and sport specific drills
Phase VII 16 - 26	WBAT	None	Full	As Phase VI Return to sport as functional testing allows

Other Notes:

- Driving at patient's discretion but they are educated that reaction time is not normalized (on average) until 9 weeks postop

Modalities:

- Ice for swelling, pain
- Compression stocking from foot to knee