

## LATERAL ANKLE LIGAMENT RECONSTRUCTION REHABILITATION PROTOCOL

### Weight Bearing:

- Week 1-3: strict non-weight bearing on crutches. Splint day & night. Remove for showers after MD removes surgical dressing.
- Week 4-6: Full weight bearing in cast boot. Wear day & night, remove for showers only.
- Week 7: Ankle brace when out of bed until balance returns.

### Phase 1: 6 weeks – Closed chain ankle reconditioning

- Isometric exercises with neutral ankle.
- Work to regain full dorsiflexion and eversion. Avoid plantar flexion and inversion until Phase 2.
- Mobilization of metatarsal and intermetatarsal joints.
- Begin one legged stance activities to promote co-contraction stabilization of the foot and ankle.
- Closed chain reconditioning (i.e. BAPS board, elliptical trainer, treadmill, Total Gym, biking, etc.)
- Pain-free open chain manual resistance in dorsiflexion and eversion.

### Phase 2: 8 weeks- Proprioceptive and active conditioning

- ROM in all planes, including plantar flexion and inversion.
- Multi-plane closed chain and proprioceptive activities (i.e. single leg with perturbations, Lower Extremity Functional Profile testing and training)
- Active resisted closed chain reconditioning.
- Multi-plane closed chain reconditioning.

### Phase 3: 12/-24 weeks – Return to sports and work

- Wear lace-up brace for athletics and work on uneven surfaces for 1 year.
- Advance agility and sports specific exercise/activities in lace-up brace (i.e. side to side and front to back hopping, plyometrics on unloader device progressing to full gravity, etc).
- Begin running program (must be able to jog 1 mile before starting cutting activities)
- 85% Lower Extremity Functional Profile test score (involved compared to uninvolved to allow return to sports).

\*Developed in conjunction with Robert Larsen, PT and Kim Reid, PT.