

PHASE I

Weeks 0-2

- Non-weight bearing for 4 weeks
- Immobilization constantly
- Reduce inflammation
- Elevate above the heart
- Quad sets, active straight leg raise
- Modalities for pain and inflammation

PHASE II

Weeks 2 to 4

- Begin active dorsiflexion to 0°; passive return to neutral
- Begin sub-maximal isometrics inversion and eversion
- Continue with modalities to control pain and swelling
- Begin a global lower extremity-strengthening program in the boot
- Continue with multi-plane open and closed kinetic chain hip strengthening
- Begin core stabilization program

Weeks 4 to 6

- Progress to full weight bearing over next 2-4 weeks in boot
- Continue with program as outlined in weeks 2-4
- Active plantar flexion with knee flexed
- Continue with submaximal inversion and eversion isometrics

PHASE III: Progressive Stretching and Early Strengthening

Weeks 6 to 8

- Reduce one heel wedge from boot per week, 6 to 8
- 10° active dorsiflexion with knee straight and 20° with knee bent
- Begin light terminal stretch in non-weightbearing by week 8
- Begin plantarflexion isometrics
- Initiate resisted dorsiflexion, inversion, and eversion strengthening

PHASE IV: Terminal Stretching Progressive Strengthening

Weeks 8-10

- Gradually wean out of boot over a 7-10 day period
- Use a heel wedge in a tennis shoe or a boot/shoe with a heel to ease transition
- Normalize gait
- Initiate a light gastrocnemius/soleus stretch in a weight-bearing position
- Continue with multi-plane ankle stretching
- Continue resisted non-weight bearing plantarflexion strengthening
- Begin bilateral heel raises off of the floor progressing to off of a step as tolerated
- Begin unilateral proprioception training

Weeks 10 to 12

- Advance plantarflexion strengthening to unilateral as tolerated
- Initiate gastroc/soleus strengthening in the gym
- Begin treadmill walking and/or elliptical trainer with progression in intensity as tolerated

PHASE V: Progressive Strengthening and Return to Function Phase

3-6 months

- Continue to increase intensity with PREs
- Increase intensity with cardiovascular program, may begin cycling outdoors
- Begin multi-directional resisted cord program (side stepping, forward, backward and carioca)
- Begin pool running program progressing as tolerated to dry land running

6 months

- Follow-up examination with the physician for return to sport



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