



**Phase I- Maximum Protection (Weeks 0 to 2):**

**Weeks 0 to 2:**

- Remain in Splint
- Ice to reduce pain and inflammation
- Elevate the ankle above the heart
- Non-weight bearing x 6 weeks

**Phase II- Range of Motion (Weeks 2 to 8):**

**Weeks 2 to 6:**

- Non-weight bearing in Hi-Top boot with cams locked all times except bathing and range of motion
- Gentle active dorsiflexion and plantarflexion
- No inversion or eversion

**Weeks 6 to 7:**

- Initiate weight bearing progressing to WBAT in Hi-Top boot with cams Locked (rest and sleep in boot)
- Fit active ankle brace for use at wk 9
- Wk 7 open cams full
- Continue with active dorsiflexion and plantarflexion

**Weeks 7 to 8:**

- Week 7 - Initiate gentle active inversion and eversion
- Initiate gentle strengthening
- Open cams on boot (continue to rest and sleep in boot)
- Begin stationary biking

**Phase III- Progressive Strengthening (Weeks 9 to 12):**

**Weeks 9 to 10:**

- Out of boot, into ankle brace (Velocity or Donjoy) to be used when weight bearing only
- Begin progressive weight bearing w/o boot with ankle brace
- Full active range of motion
- Full strengthening and proprioception drills
- Begin stationary biking in shoe at week 9 with brace
- Begin pool walking program progressing to jogging at week 12

**Phase IV- Advanced Strengthening (Weeks 12-16)**

- Continue with end range stretching
- Progress strengthening and proprioception work
- Lower extremity PRE gym program
- Initiate jogging 10-12 weeks based on progress
- Initiate agilities 12-14 weeks

**Return To Play at 4 months Per Physician Release**

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