**Lateral Ankle Ligament with Syndesmosis Stabilization Protocol**

POSTOPERATIVE REHABILITATION

**Operative**

* Posterior slab/splint x 3 weeks; NWB x 6 weeks. Knee scooter recommended for mobility

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**CLINICAL**: (3-6 weeks) CAM walking boot Non-weightbearing**. May remove boot for sleeping.** May remove boot and dressing for bathing and hygiene.

Goals: Decrease pain, Control edema, Increase range of motion and muscle contraction tolerance

**THERAPY**: 3-6 weeks

* Non-weightbearing for gait with crutches, Passive and active active inversion/eversion
* Range of motion exercises, Active range of motion 2 planes to neutral (DF/PF), NO RESISTANCE
* Progressive resistance exercises of the hip/knee
* Soft tissue mobilization and modalities as needed
* Joint mobilization as indicated

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**CLINICAL**: (6-9 weeks) WBAT in CAM boot, May remove boot at night for sleeping,

Goals: Control edema and pain, Improve proprioception and stability of ankle, minimize gait deviations on level surfaces

**THERAPY**: 6-9 weeks

* **Weightbearing as tolerated in CAM boot, may remove for therapy**
* Isometric exercises
* Active range of motion of ankle for all ranges
* Standing bilateral heel raises
* Stationary bike and pool therapy
* Proprioceptive neuromuscular facilitation

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**CLINICAL**: (9-12 weeks) **Therapist to progress patient out of CAM boot and into ASO brace**

Goals: Full active and passive range of motion, return ankle strength to 80% of uninvolved side, self-management of edema and pain

**THERAPY**: 9-12 weeks

* **Therapist to progress patient out of CAM boot and into ASO brace**
* Increase elastic band resistance
* Ankle brace – may be removed for therapy under supervision
* Isotonics and Isokinetics
* Modalities if indicated

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**Clinical: (**Weeks 12+)

* Wean from ankle brace. Activity as tolerated.
* Self directed therapy may continue

Goals: Prevent reinjury with return to sport, Return to sport, Discharge to home or gym program

**THERAPY**: 12+ weeks

* Advanced exercises: plyometrics, trampoline, box drills, slide board, lateral shuffle,
* Figure eight exercises
* Increase demand of pivoting and cutting exercises

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