

Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service

Goals:

- Rest, recovery & immobilize
- Non-weight bearing on crutches

Immobilization:

- Plaster cast (6 weeks) / sling and immobilizer (6 weeks)

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- Begin early, supervised, gentle ankle plantarflexion exercises
- Maintain core, upper limb, hip and knee strength

Immobilization:

- Rigid walking boot

- Maintain hip/knee/toe movement
- Exercise bike with boot on
- Gait re-education
 - No knee hyperextension to compensate for lack of ankle dorsiflexion

Goals:

- Normal walking
- Aim to remove boot by weaning out by 12 weeks
- Increase ankle and lower limb muscle strength

Immobilization:

- Boot with ankle plantigrade/foot flat on the ground
- Shower carefully so as not to stumble/forcefully dorsiflex ankle

PT Guidelines:

- Strengthening
 - Continue active resisted theraband exercises; plantarflex through full range, dorsiflexion to a natural plantigrade position, push no further
 - Allow dorsiflexion to return naturally
 - Continue resisted inversion and eversion through range
 - Exercise bike with boot on
 - Seated heel raises
- Proprioceptive rehabilitation
 - Double leg stance out of boot; single leg stand in boot progressing to out of boot as balance improves

Goals:

- Mastering proprioceptive control in wearing normal footwear
- Aim for normal dorsiflexion range

- Jogging, increase exercise intensity, sport specific drills

Immobilization:

- Normal shoes with good heel support

PT Guidelines:

- Theraband exercises
 - Full active ankle range of motion with dorsiflexion as tolerated
- Progress muscle strengthening from open chain to closed chain during this period
- Proprioceptive rehabilitation
 - Single leg stance, eyes closed, wobble board/ BOSU
 - Double heel raise progress to single heel raise
- Concentric/Eccentric
 - Gastroc/soleus conditioning
 - Single heel raises
 - Dorsiflexion equal to contralateral side, no need to push to extreme
- Closed chain
 - Trampoline jogging, jumps and hops
 - Plyometric Squats, Plyometric Lunges
 - Hopping, Mini hurdle jumps, straight line running
 - Introduce cutting/side to side/carioca/ figure 8 runs
 - Acceleration-deceleration running drills
 - Sport specific rehab

Goals:

- Resumption of normal activity

Immobilization:

- Normal shoe wear

PT Guidelines:

- Normal activity, explosive actions, return to sport