



**GOLDEN ORTHOPAEDIC**

**Knee, Hip, Shoulder & Foot Center**

The Center of Excellence for Joint Care

**Appointments Call  
(561) 488-2200**

**Curtis J Kephart, MD**  
Orthopedic Surgery and Sports Medicine  
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FL License: 116858

Patient Sticker Here

Date

**PHYSICAL THERAPY PRESCRIPTION:**

**Open Reduction Internal Fixation of the Ankle Rehabilitation  
Protocol for Physical Therapy**

**Week 0-2:**

Patient non weightbearing in splint with ankle in equinus

At 2 weeks, splint removed, wound checked, and placed into CAM boot

**Weeks 2-4:**

Skin staples/sutures removed

Continue non weightbearing in boot

When incisions healed, begin passive / active dorsiflexion and plantar flexion stretch

**Week 4-8:**

PWB in boot from 4-6 weeks. Can WBAT in boot after 6 weeks.

Boot discontinued at 8 weeks

Passive / active dorsiflexion and plantar flexion stretch

Inversion / Eversion ROM exercises

Begin dorsiflexion and plantar flexion isometrics and progress to isotonic

Can start riding a stationary bicycle

Should be walking on a treadmill with wean up to 3.5 mph

**Week 9-11:**

Advance strengthening

**Week 12 +:**

Can begin jogging, stairmaster

Add isokinetics

Increase strengthening, endurance, proprioception, flexibility exercise

Initiate sport specific drills with gradual **return to athletics at or after 16 weeks**

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_

**Curtis J Kephart, MD**