



LATERAL ANKLE LIGAMENT RECONSTRUCTION | PERONEAL TENDON REPAIR

REHABILITATION PROTOCOL

REHABILITATION PROGRESSION

The following is a general guideline. Please consult Dr. Syal/Dr. Soswa if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation. Rehabilitation should be individualized according to patient status.

PRECAUTIONS

- Early range of motion to prevent stiffness and scar tissue

PHASE I (WEEK 0-2)

- Non Weight bearing
- VenaPro and Iceman machine for pain control, healing and circulation
- Pain medications as required

PHASE 2 (WEEKS 3-8)

- Begin weight bearing in walker boot only
- VenaPro and Iceman machine for pain control, healing and circulation
- Walker boot removed several times per day to work on range of motion exercises
- Walker boot can be removed for sleep

PHASE 3 (WEEKS 8- FULL RECOVERY)

- Gradual graduation to weight bearing in regular shoe wear
- Formal physiotherapy for strengthening and range of motion exercises of lower extremity
- Gradual return to full activity