



Ankle ORIF without Syndesmotic Fixation

- ❖ WB status: Strict NWB for 6 weeks
- ❖ Immobilized in short leg splint for 2 weeks PO, 2-6 weeks immobilized in CAM boot
- ❖ ROM: 2-6 weeks remove boot for ankle ROM in all planes
- ❖ When to initiate PT: 6 weeks post-operatively when WB for gait training and progress LE strenghtneing/ ROM, sooner if needed for ROM

	ROM	WB STATUS	IMMOBILIZATION	Exercises
0-2 weeks	Immobilized in splint	NWB	Splint/ cast	NONE
2-6 weeks	Ankle ROM exercises in all planes	NWB	CAM boot	Ankle ROM exercises in all planes
6-12 weeks	Expect full ankle ROM	Begin WBAT at 6 weeks in CAM boot	Ween out of CAM boot into supportive shoe around 7 weeks	Gait training, LE progressive strengthening