

Lateral malleolus ankle fracture:

Week 1-2:

- Immobilization in a splint or cast to protect the fracture site.
- Elevate the ankle to reduce swelling.
- Avoid putting weight on the affected ankle.

Week 3-4:

- Transition to a cast, and continue non weight bearing.

Week 5-6:

- Transition to a walking boot
- Gradually start weight-bearing activities and physical therapy increasing range of motion, and strength.
- Focus on improving ankle strength, balance, and proprioception.
- Begin functional exercises to improve walking pattern and mobility.

Week 7-8:

- Continue to increase weight-bearing activities while in the walking boot.
- Continue with strengthening exercises, focusing on calf muscles and ankle stabilizers.
- Work on regaining full range of motion and flexibility in the ankle.
- Gradually return to normal activities, avoiding high-impact or strenuous exercises.

Week 9 and beyond:

- Transition from the walking boot to the ASO ankle brace for 1 month.
- Gradually return to normal activities and sports, guided by your surgeon or physical therapist.
- Continue with ankle strengthening and flexibility exercises to prevent reinjury.
- No running or jumping until 12 weeks post-op.

This protocol provides a general guideline and could change depending on each individual's progression, but it's important to follow the specific instructions and recommendations given by your surgeon and physical therapist. For any other questions, concerns, or updates, please call our office to discuss with the medical assistant.