

Lateral Ankle Ligament Reconstruction

Immediate Postoperative (Week 0-2)

- **Weight-bearing:**
 - Non-weight-bearing (NWB) with crutches while in a splint the first 2 weeks.
- **Pain Management and Swelling Control:**
 - Ice application behind the knee for pain relief.
 - Elevation of the foot above the level of the heart.

Early Rehabilitation (Week 2-8)

- **Weight-bearing:**
 - Gradual progression to full weight-bearing as tolerated beginning at 2 weeks.
 - At week 4, progression into a walking boot from a cast.
- **Ankle ROM Exercises:**
 - Continue with ankle dorsiflexion, plantarflexion, inversion, and eversion within a pain-free range.
 - Avoid strenuous inversion stretching during this time to allow for healing of the new ligaments.
 - Active-assisted ROM may be introduced if allowed by the surgeon.
- **Strengthening:**
 - Begin gentle isometric strengthening of the ankle muscles. (Avoid inversion until 10 weeks post op)
 - Proprioception and Balance Training:
 - Begin balance exercises such as standing on one leg with support.
 - Use a balance board or foam pad to challenge proprioception.

Late rehabilitation (Week 8-12)

- **Weight-bearing:**
 - Full weight-bearing without restrictions once the patient is able to do so comfortably, typically starting in an ASO brace.
- **Strengthening:**
 - Progress strengthening exercises to include more challenging resistive exercises like resistance bands, calf raises, and step-ups.
 - Emphasize eccentric strengthening to prevent further injury.
- **Proprioception and Balance:**
 - Continue with more advanced balance training, such as single-leg stance on unstable surfaces.
 - Begin dynamic activities, like hopping, and gradually introduce cutting and lateral movements if cleared by the surgeon.
- **Functional Activity:**
 - Begin functional activities like walking, swimming, or cycling once tolerated.
 - Ensure patient achieves normal gait mechanics.



Weeks 12 and Beyond

- **Weight-bearing:**
 - Full weight-bearing without restrictions, advance to high impact.
- **Strengthening:**
 - Progress strengthening exercises to include more challenging resistive exercises.
- **Proprioception and Balance:**
 - Continue to advanced balance training.
- **Functional Activity:**
 - Return to normal activities as tolerated.

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.