



REHABILITATION GUIDELINES  
LATERAL ANKLE STABILIZATION, TENDON RECONSTRUCTION

0-2 WEEKS

DOS:

- Casted in a bulky Jones Cast
- Education on proper crutch/scooter use (NWB)
- Hip and knee AROM
- Rest and elevation of limb often to control swelling and pain

2-6 WEEKS

DATE:

- Place in fiberglass short leg cast
- Continue crutch/scooter use (NWB)
- Hip and knee AROM
- Rest and elevation of limb often to control swelling and pain

6-8 WEEKS

DATE:

- Transition to walker boot, NWB
- Manual therapy and modalities as needed for pain and mobility

8 WEEKS

DATE:

- WBAT in walker boot, as per surgeon's instructions
- Scar massage
- Gentle PROM in all planes
- AROM plantar flexion, DF, eversion
- May begin AROM inversion at 10 weeks

12 WEEKS

DATE:

- WBAT without boot
- Begin cycling
- Add resisted strengthening
- Progress WB strengthening
- Balance and proprioceptive activities

16+ WEEKS

DATE:

- Return to normal activities, sport, as cleared by physician
- Cutting, jumping, running program