

### Bimalleolar or Trimalleolar Fracture Physical Therapy protocol

	<b>WEIGHT BEARING</b>	<b>ORTHOTIC DEVICES</b>	<b>RANGE OF MOTION</b>	<b>GOALS</b>	<b>EXERCISES</b>
<b>0-2 weeks</b>	NWB	SLS	None	Decrease pain and swelling Wound healing	N/A
<b>2-6 weeks</b>	NWB	SLC	None	Decrease pain and swelling Fracture healing	N/A
<b>6-10 weeks</b>	PWB	CAM Boot	AROM	Decrease pain and swelling Gait training	AROM AAROM Soft tissue mobilization Midfoot joint mobilization Stationary bike
<b>10-12 weeks</b>	WBAT	Wean out of boot. Start ASO brace	AROM		<ul style="list-style-type: none"> <li>- Ankle isometrics progressing to open chain isotonic</li> <li>- Closed chain exercise including weight machines, weight shifts, seated BAPS</li> <li>- Proprioception exercise including SLB, diagonal doming and foot intrinsic strengthening</li> <li>- Joint mobilizations to increase talocrural and subtalar ROM</li> </ul>
<b>12-14 weeks</b>	WBAT	ASO brace	Full		<ul style="list-style-type: none"> <li>- Progress closed chain exercises – Sportcord, lunges, heel raises etc</li> <li>- Dynamic balance progression – mini tramp, SLB on uneven surfaces</li> <li>- Advanced proprioception exercises</li> <li>- Continue to advance weight machine exercises, stretching, ROM and joint mobilizations</li> </ul>

<b>14+ weeks</b>	WBAT	Regular shoe +/- orthotic	Full ROM	Prevent equinus Gait training	<ul style="list-style-type: none"> <li>- Progress walk/jogging program</li> <li>- Fit for orthotics if needed</li> <li>- Progress previous strengthening, stretching and proprioception exercises</li> <li>- Sport and agility drills/tests</li> </ul>
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