

Lateral malleolar or medial malleolar Fracture Physical Therapy protocol

	WEIGHT BEARING	ORTHOTIC DEVICES	RANGE OF MOTION	GOALS	EXERCISES
0-2 weeks	NWB	SLS	None	Decrease pain and swelling Wound healing	N/A
2-4 weeks	NWB	SLC	None	Decrease pain and swelling Wound healing	N/A
4-6 weeks	PWB	CAM Boot	AROM	Decrease pain and swelling Gait training	AROM AAROM Soft tissue mobilization Midfoot joint mobilization Stationary bike
6-8 weeks	WBAT	Wean out of boot. Start ASO brace	AROM		<ul style="list-style-type: none"> - Ankle isometrics progressing to open chain isotonic - Closed chain exercise including weight machines, weight shifts, seated BAPS - Proprioception exercise including SLB, diagonal doming and foot intrinsic strengthening - Joint mobilizations to increase talocrural and subtalar ROM
8-10 weeks	WBAT	ASO brace	Full		<ul style="list-style-type: none"> - Progress closed chain exercises – Sportcord, lunges, heel raises etc - Dynamic balance progression – mini tramp, SLB on uneven surfaces - Advanced proprioception exercises - Continue to advance weight machine exercises, stretching, ROM and joint mobilizations
12+ weeks	WBAT	Regular shoe +/- orthotic	Full ROM	Prevent equinus Gait training	<ul style="list-style-type: none"> - Progress walk/jogging program - Fit for orthotics if needed

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