

## *ANKLE LATERAL LIGAMENT RECONSTRUCTION: 1<sup>ST</sup> POST-OP*

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- (1) You may shower tonight, letting soapy water run over your incision(s) and patting them dry with a towel. You should avoid submerging the leg (bath, pool, hot tub, etc.) for at least one week.
- (2) You will begin progressive weightbearing in the walking boot over the course of one week. Please refer to the separate handout.
- (3) Use an ace bandage or a thick sock to prevent the boot from rubbing on the incision(s).
- (4) You should come out of the walking boot/brace and perform exercises to maximize your post-op ankle flexibility. You should perform the following exercises twice per day, once in the morning and once in the evening:
  - You should work on 3 sets of 15 reps of dorsiflexion (up), eversion (out) but avoid plantarflexion (down) and inversion (in) for now.
  - Stretch the Achilles by placing a towel across the ball of your foot and pulling up. Hold each stretch for a five-count and do five repetitions.
  - Plantarflexion (down) and inversion (in) may begin at 4 weeks post-op.
- (5) In two weeks (4 weeks post-op), you will be allowed to transition out of the walking boot back into regular shoes with the assistance of an ankle brace. The ankle brace should be worn whenever weight bearing.
- (6) Once you are out of the walking boot, you may resume straight-line, low-impact activities such as bicycling, walking, or working out on the elliptical trainer.
- (7) You should continue taking the blood clot prevention medication (aspirin or equivalent) as prescribed until you are at least 4 weeks post-op.
- (8) Physical therapy may begin at 4 weeks post-op. This will follow the checkpoints from the Accelerated Protocol (given today).
- (9) I would like to see you back in **4 weeks** for a follow-up appointment.