

## NON-OPERATIVE TREATMENT OF AN ANKLE FRACTURE

- (1) You will remain immobilized in the walking boot until 4 weeks post-injury.
- (2) You are allowed to fully weight bear as tolerated in the walking boot. I would like you to discontinue use of the crutches or any other assistive walking devices as quickly as possible.
- (3) You may remove the walking boot whenever seated or lying down, in a safe controlled environment. The walking boot is in place to protect rather than immobilize the fracture.
- (4) I would like you to come out of the boot/brace to work on the following exercises, twice daily:
  - Write the alphabet with your foot. Do two repetitions.
  - Stretch the Achilles by placing a towel across the ball of your foot and pulling up. Hold the stretch for a five-count and do 5 repetitions.
- (5) At 4 weeks post-injury, you will gradually transition to regular shoes. An ankle brace should be used to facilitate the process.
- (6) Once you have returned to regular shoes, you may gradually ramp up your activities in a step-wise manner as tolerated.
  - I would like you to first become comfortable with activities of daily living before reintroducing straight-line, low-impact activities (walking, bicycling, using an elliptical trainer, weight training).
  - Once you are comfortable at this level, you may reintroduce higher-impact, straight-line activities (jogging, running).
  - The final step will be the addition of activities involving lateral movement and uneven ground.
- (7) I would like to see you back in **4 weeks** for a follow-up appointment. We will obtain new x-rays upon return.
- (8) Ankle fractures typically take 10-12 weeks to fully heal.