

## POST-OPERATIVE REHABILITATION LATERAL LIGAMENT RECONSTRUCTION OF THE ANKLE

### Recovery phase

*0-2 weeks post-operatively*

Plaster backslab or CAM boot

Non weight bearing – to allow wounds to heal and swelling to subside

#### Exercises:

- Range of motion exercises of hip and knee
- Quadriceps strengthening exercises
- Crutches/non-weight bearing education

### Transition phase

*2 – 6 weeks post-operatively*

Transition to ASO ankle brace

Commence weight bearing in brace

#### Exercises:

- Theraband strengthening
- Double leg calf raises with gentle progression to single leg calf raises
- Calf stretching
- Swimming
- Cycling

### Return to activity phase

*6 to 12 weeks post-operatively*

Wean off ankle brace and transition to normal shoe

#### Exercises:

- Single leg balance
- Single leg calf raises
- Single leg squats
- Lunges
- Hopping

### Prevention phase

*12 weeks post-operatively and onwards*

#### Exercises:

- Advanced landing drills
- Plyometrics
- Balance integration and proprioception
- Gradual return to running and high impact activity