

Dr. Thomas X. Nguyen's MD
Ankle Fracture Rehabilitation after Fixation

- 0-2 weeks: Short leg splint, non-weight bearing
- 2-4 weeks: Short leg cast, non-weight bearing
- 4-6 weeks: CAM boot, can come out of boot to range the ankle, wear boot while sleeping to prevent equinus, non-weight bearing
- 6 weeks: tennis shoes, weight bearing as tolerated
- Physical therapy once allowed to weight bear
- Diabetic patients will have to double the time.