



Orthopaedics Victoria

ANKLE FRACTURE

Patient name:

Date of surgery:

Surgeon:

0-2 weeks:

Non weightbearing
Backslab or Cam boot
Elevate and Ice

2-6 weeks

Non weightbearing
Mobilise using crutches, knee scooter or frame
Can remove Cam boot for ankle range of motion exercises and bed time

6-12weeks

Weightbear as tolerated (wean off CAM boot)
Active ROM with physiotherapist
Ankle strengthening

6 months

Jogging

8-12 months

Return to sport

MODIFICATIONS