**Lateral Ligament Repair & Microfracture Protocol**

**Dr. Marissa D. Jamieson**

A few key points:

* No forced or aggressive passive inversion and plantarflexion to protect lateral repair. Avoid any pain laterally along ligament repair.

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| **Post operative Timeline** | **ROM orders** | **Assistive Device/****Footwear** | **Weight Bearing Orders** | **Rehabilitation Recommendations** **Reference Criteria for Progression to help set specific goals for advancement through rehab** |
| **0-10 Days** | Immobilized in Splint | Non-weight bearing |
| **0-6 Weeks****ROM/ Muscle Activation Phase** | Full pain free AROM. \*No aggressive passive PF or INV x 6 weeks.  | Boot |  NWB-ing. Please follow schedule given by Dr. Jamieson | Restore full AROM/ AAROM mindful of (PF/INV)Soft Tissue MobilizationJoint Mobilizations: Gr I/IIPool Therapy once incisions are completely closed –deep water onlyGait trainingIntrinsic strengthening: short arch and long flexor intrinsics |
| **6- Weeks to 4 months****Endurance and Strength Phase** | Restore full ankle ROM all directions | Boot orSupportive Shoe |  Progressive weight bearing. Please follow schedule given by Dr. Jamieson | Restore full Range of Motion:* Soft tissue mobilization
* Joint Mobilizations: Gr III/IV as indicated

Pool Therapy Stationary Bike – once at 50% WBing statusGait Training: according to weight bearing progressionProprioception/Balance Progression once full WBing- ensure proper arch control. Squat Progression/ Heel Raise Progression/ CKC strength once full WBingBegin desired / appropriate cardiovascular exercise |
| **3 - 6 months****Muscle Strength and Power Phase** | Regain symmetrical ROM | Supportive Shoe | No restrictions | ROM should be fully restored at this point. If not, continue to work on functional dorsiflexion and plantarflexion. Soft tissue mobilization* Joint Mobilizations: Gr III/IV as indicated

Pool – can perform more advanced strength work in poolBalance/proprioception progressionSquat/ Heel Raise progression/CKC strength: adding weight as appropriateAthlete progressing with desired cardiovascular training.  |
| **6-9 Months** **Power and Return to Sport Phase** | Regain symmetrical ROM | Supportive shoe | No restrictions  | Should be returning to typical strength routine in gym, cardio progression.Please refer to criteria for progression, achieve goals in strength category before initiating running and agility progression.  |