**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 Mobilization Joint Mobilizations: Gr I/II Pool Therapy once incisions are completely closed –deep water only Gait training  Intrinsic strengthening: short arch and long flexor intrinsics |
| **6- Weeks to 4 months**  **Endurance and Strength Phase** | Restore full ankle ROM all directions | Boot or  Supportive 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 status Gait Training: according to weight bearing progression Proprioception/Balance Progression once full WBing- ensure proper arch control.  Squat Progression/ Heel Raise Progression/ CKC strength once full WBing  Begin 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 pool Balance/proprioception progression Squat/ Heel Raise progression/CKC strength: adding weight as appropriate  Athlete 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. |