**Syndesmosis Repair**

**Dr. Marissa D. Jamieson**

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| **Post Operative Timeline** | **ROM** | **Assistive Device/**  **Footwear** | **Weight Bearing Orders** | **Rehabilitation Orders** |
| **0-2 Weeks** | Immobilized in Splint | | Non-weight Bearing | |
| **2-6 Weeks**  **ROM/ Muscle Activation Phase** | No aggressive eversion | Walking Boot | Progressive weight bearing. Please follow schedule given by Dr. Jamieson | AROM/AAROM: Inversion must be pain free laterally Soft Tissue Mobilization Pool Therapy once incisions are completely closed Gait training  Intrinsic strengthening: short arch and long flexor intrinsics |
| **6-12 Weeks**  **Muscle Endurance Phase** | Restore full ankle ROM in all directions | Supportive Shoe | Progressive weight bearing out of boot. Please follow schedule given by Dr. Jamieson | Restore full Range of Motion:   * Soft tissue mobilization * Restore functional DF and standing double leg progressing to single leg plantarflexion * Joint Mobilizations: Gr III/IV as indicated   Pool Therapy Gait Training: according to weight bearing progression Proprioception/Balance Progression- ensure proper arch control.  Squat Progression CKC strength circuits when appropriate |
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| **12-16 Weeks**  **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   * Restore functional DF and standing double leg progressing to single leg plantarflexion * Joint Mobilizations: Gr III/IV as indicated   Pool Balance/proprioception progression Squat progression: should be progressing to single leg squatting tasks CKC strength circuit: increasing intensity or adding weight as appropriate | |
| **4-6 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. |