**Syndesmosis Repair**

**Dr. Marissa D. Jamieson**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 laterallySoft Tissue MobilizationPool Therapy once incisions are completely closedGait trainingIntrinsic 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 TherapyGait Training: according to weight bearing progressionProprioception/Balance Progression- ensure proper arch control. Squat ProgressionCKC strength circuits when appropriate |
|  |  |  |  |  |
| **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

PoolBalance/proprioception progressionSquat progression: should be progressing to single leg squatting tasksCKC 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. |