

LATERAL LIGAMENT RECONSTRUCTION: POSTOPERATIVE PROTOCOLS

0-2 weeks:

- NON WEIGHT BEARING IN BOOT
- Leg lifts and hip and knee strengthening exercises
- Boot stays on FULL TIME
- First postoperative visit at 2 weeks to have stitches out

2-6 weeks:

- Progress to full weight bearing in boot and continue in boot at night
- Active dorsi and plantar flexion of ankle out of boot
- Remove boot for showers
- Passive subtalar motion
- NO RESISTED hindfoot eversion or inversion
- Proprioceptive exercises
- Stationary bike in splint
- Compression sock will help significantly with pain and swelling - I will provide you with a prescription at the 2 week visit

6-12 weeks

- Discontinue walking boot
- Ankle brace to be worn during day
- Begin closed-chain exercises and balance and proprioception training
- Begin peroneal strengthening exercises

12 weeks - 6 months

- Return to sports as able
- Ankle brace worn for sports until 6 month mark

SWELLING

This procedure can cause swelling in your foot for up to 6-12 months after surgery. A compression stocking worn during the day can be quite helpful.

DRIVING

You may drive if surgery is on the LEFT when you are off narcotics and if your car is an automatic.

If surgery is on the RIGHT you can drive when you are full weight bearing without aids. **YOU CANNOT DRIVE WHILE YOUR RIGHT FOOT IS IN A WALKING BOOT.**

RETURN TO WORK

As tolerated on crutches for a desk job. 4-6 for a job that requires significant standing. 8-10 weeks for a physically demanding job in ankle brace.

**** NOTE IF YOU HAVE HAD ANOTHER PROCEDURE WITH YOUR LIGAMENT RECONSTRUCTION THIS PROTOCOL MAY CHANGE SLIGHTLY*