

Distal Tibiofibular Syndesmosis ORIF

Phase I – Non Weight-bearing (Weeks 0 – 4)

- TDWB with crutches and brace
- Gentle AAROM, AROM for PF/DF/INV/EVER
- Gentle stretches for gastrocnemius/soleus in long sitting
- Gentle isometrics for PF/DF/INV/EVER
- Toe flexor strengthening (towel scrunches, marble pick-ups, etc)
- Ice, compression and elevation

Phase II – Protected Weight-bearing (Weeks 4 – 6)

- Progress to PWB with crutches and brace
- Begin stationary cycling with high seat and no resistance
- Continue AAROM, AROM for PF/DF/INV/EVER
- Continue gastrocnemius/soleus stretches and add PF stretches
- Progress to gentle theraband strengthening for PF/DF/INV/EVER
- Initiate manual resisted diagonal and eccentric ankle strengthening

Phase III – Protected Activity (Weeks 6 – 12)

- Progress to FWB and wean from crutches when no limp (6 – 8 weeks)
- Progress theraband and manual resisted strengthening exercises
- Begin closed chain strengthening (2 legs → 1 leg)
- Begin balance/proprioception program
- Initiate isokinetic strengthening (10 weeks)

Phase IV – Return to Activity (Weeks 12- 16)

- Progress above ROM, flexibility, proprioception and strengthening program
- Isokinetic test for PF/DF and INV/EVER
- Gradual return to jogging, agility and interval sport programs



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