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Patient Name:

Date:

Date of Surgery:

**Ankle Rehabilitation:
Lateral Ligament Reconstruction**

Weeks 0-2

NWB with crutches

Weeks 4-8

Progress from NWB to FWB with crutches

- Restore normal gait, discontinue crutches when gait is not antalgic
- Ambulation training in Aquatrex
- Active ROM as tolerated
- Passive heel cord stretching
- Plantar flexion and dorsi flexion PRE's
- Modalities prn

Weeks 8-12

Inversion / Eversion isotonics

- Begin proprioception program
- Continue with lower extremity PRE's
- AROM activities in all directions
- Begin Retro program
- Restore normal ROM
- Calf raises
- Stairmaster, Versaclimber as tolerated
- Nordic track

Weeks 12-20

Continue with lower extremity PRE's

- Advanced proprioception activities; Fitter, Euroglide, Sportcord
- Continue with flexibility activities
- Progress endurance program
- Begin running program (PWB – FWB)
- Isokinetics in all planes

Weeks 20-28

Agility exercises

- Advanced functional exercises
- Continue / Progress running program
- Isokinetic test
- Functional test assessment
- Return to sporting activities

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD