

Lateral Ligament Reconstruction/Repair Protocol

Dr. Marissa D. Jamieson

- No forced/overpressure in inversion and plantarflexion to protect lateral repair. Pain free mobility only, with no pain noted laterally along ligament repair.
- Follow weight bearing protocol for gait progression
- Patient can perform resisted exercise within confines of weight bearing orders under physical therapy guidance

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 passive PF or INV x 6 weeks. Active PF and INV only – INV must not create lateral ankle pain	Boot	Progressive weight bearing. Please follow schedule given by Dr. Jamieson	AROM/AAROM: Inversion must be pain-free laterally Soft Tissue Mobilization Joint Mobilizations: Gr I/II Pool Therapy once incisions are completely closed Gait training Intrinsic strengthening: short arch and long flexor intrinsics
	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			
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	Pool Therapy Gait Training: according to weight bearing progression Proprioception/Balance Progression-ensure proper arch control. Squat Progression CKC strength circuits when appropriate

**12-16
Weeks**

**Muscle
Strength
and Power
Phase**

Regain
symmetrical
ROM

Supportive No
Shoe 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

Athlete progressing with desired cardiovascular training.

**4-6
Months**

**Power and
Return to
Sport
Phase**

Regain
symmetrical
ROM

Supportive No
shoe restrictions

Should be returning to typical strength routine in gym, cardio progression.