

Lateral Ligament Repair & Microfracture Protocol

Dr. Marissa D. Jamieson

A few key points:

- No forced or aggressive passive inversion and plantarflexion to protect lateral repair. Avoid any pain laterally along ligament repair.

Post operative Timeline	ROM orders	Assistive Device/ Footwear	Weight Bearing Orders	Rehabilitation Recommendations Reference Criteria for Progression to help set specific goals for advancement through rehab
0-10 Days	Immobilized in Splint		Non-weight bearing	
0-6 Weeks ROM/ Muscle Activation Phase	Full pain free AROM. *No aggressive passive PF or INV x 6 weeks.	Boot	NWB-ing. Please follow schedule given by Dr. Jamieson	Restore full AROM/ AAROM mindful of (PF/INV) Soft Tissue Mobilization Joint Mobilizations: Gr I/II Pool Therapy once incisions are completely closed –deep water only Gait training Intrinsic strengthening: short arch and long flexor intrinsics
6- Weeks to 4 months Endurance and Strength Phase	Restore full ankle ROM all directions	Boot or Supportive Shoe	Progressive weight bearing. Please follow schedule given by Dr. Jamieson	Restore full Range of Motion: - Soft tissue mobilization - Joint Mobilizations: Gr III/IV as indicated Pool Therapy Stationary Bike – once at 50% WBing status Gait Training: according to weight bearing progression Proprioception/Balance Progression once full WBing- ensure proper arch control. Squat Progression/ Heel Raise Progression/ CKC strength once full WBing

				Begin desired / appropriate cardiovascular exercise
3 - 6 months 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 Joint Mobilizations: Gr III/IV as indicated Pool – can perform more advanced strength work in pool Balance/proprioception progression Squat/ Heel Raise progression/CKC strength: adding weight as appropriate Athlete progressing with desired cardiovascular training.
6-9 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. Please refer to criteria for progression, achieve goals in strength category before initiating running and agility progression.