



Syndesmosis Repair

Dr. Marissa D. Jamieson

Post Operative ROM Timeline	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 eversion Walking Boot	Progressive weight bearing. Please follow schedule given by Dr. Jamieson	AROM/AAROM: Inversion must be pain free laterally Soft Tissue Mobilization Pool Therapy once incisions are completely closed Gait training Intrinsic strengthening: short arch and long flexor intrinsics
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	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 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 Shoe
No 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

4-6

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.



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